

# Falls Church Recreation & Parks



## Winter/Spring 2018

Registration Dates:

Residents: January 2; Non-Residents: January 9

Register Online at [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation)

*photo by Gary Mester*

## Annual Easter Egg Hunt



*photo by Gary Mester*

**Saturday, March 31, 10am**

**Rain Date: Monday, April 2, 4pm**

**Cherry Hill Park, 312 Park Avenue**

Hunt for candy and prize eggs! The Easter Bunny will visit and take pictures with all the children! Bring a basket to collect eggs. For more information, call **703-248-5178**.

## 37th Annual Memorial Day Parade and Festival

**Monday, May 28, 9am-5pm**

**City Hall Grounds, 300 Park Avenue**

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more. For more information, call **703-248-5178**.

*photo by Gary Mester*



## Summer Camp Staffing

**The Recreation Department begins hiring for summer camp staff in February**

We are always looking for energetic, responsible individuals that enjoy working with children. We hire Teen Excursion Leaders, Camp Counselors, Extended Day Counselors, and Water Safety Instructors. To apply, visit [www.fallschurchva.gov](http://www.fallschurchva.gov). Information will be available in February.

**Start Planning for Summer!**



*photo by Gary Mester*

**Saturdays - Open Year Round!**

**January 6-March 31, 2018**

**9am to 12noon**

**April 7-December 29, 2018**

**8am to 12noon**

**300 Park Avenue, City Hall Parking Lot**

Enjoy fresh fruit, vegetables, flowers and more!



To receive our monthly newsletter, visit [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation)

Subscribe on the right side of the page.



## Falls Church Community Center, Kenneth R. Burnett Building Hours of Operation

Monday-Thursday: 8am-10pm  
Friday: 8am-11pm  
Saturday: 8:30am-11pm  
Sunday: 12-6pm (January-March)  
2-6pm (April-December)

### Community Center Holiday Schedule

The building will be closed on December 24, December 25, January 1, and April 1. We will close at 5pm on May 28 and December 31.

### Hobby Class Holiday Schedule

No classes are held on the following days unless otherwise noted: Jan. 15, Feb. 19, March 24-April 1, May 28.

### Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7-11pm

### Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.  
Subject to gym availability.

## Phone Numbers

**Recreation & Parks Department Office.....703-248-5077**  
**Falls Church Community Center.....703-248-5027**  
**Falls Church Senior Center.....703-248-5020**  
**Teen Center Office .....703-248-5307**  
**Cherry Hill Farmhouse.....703-248-5171**  
**Fax .....703-536-8150**  
**Open Gym.....703-248-5077**  
**Inclement Weather Hotline.....703-248-5077**

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## Recreation & Parks Staff

Daniel J. Schlitt, *Director*  
Amy Maltese, *Hobby Class Coordinator, Deputy Director*  
Chris Madison, *Special Events, Program Supervisor*  
Jimmy Ruby, *Sports Coordinator, Program Supervisor*  
Tracy Browand, *Senior Center Coordinator, Recreation Specialist*  
LaShawn Timmons, *Teen and Camp Coordinator, Program Supervisor*  
Taylor Ford, *Recreation Specialist*  
Lisa Reid, *Administrative Assistant*  
Howard Herman, *Farmers' Market Manager*  
Corey Jannicelli, *Cherry Hill Farmhouse Coordinator, Recreation Specialist*  
Cassie Holloway, *Preschool Teacher*  
Mike Noyes, *Crew Leader, Parks and Landscape Maintenance*  
Juan Salguero, *Building Maintenance Worker*  
William Kargbo, *Building Maintenance Worker*  
Raul Chafloque, *Landscape Maintenance Worker*  
Charlie Buettner, *Landscape Maintenance Worker*  
Heeyong Lim, *Building Maintenance Worker*

## Advisory Board of Recreation and Parks

Charles O'Hara, *Chair*  
Kathryn Chandler, *Vice Chair*  
Justin Castillo, *School Board Representative*  
Lindy Hockenberry, *Planning Commission Representative*  
Leslie Rye  
Steve Selby  
Marybeth Connelly, *City Council Liason*



# Cherry Hill Farmhouse



## Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts several special events, educational workshops, and seasonal programs annually. It is also available to rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill Foundation, Inc.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling 703-248-5171. The house is open to the public Tuesday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-12noon. We strongly encourage all visitors to call ahead to ensure tour availability, 703-248-5171.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at 703-248-5027. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call 703-248-5171.

## Gift Card to Gift Box Workshop 8 & up

Learn how to handcraft holiday cards and calendars into lovely gift boxes and tags.

**Date:** Sat: 1/6 **Time:** 10am-12pm

**Fee:** \$6

**Location:** Cherry Hill Farmhouse

Call 703-248-5171 for more information and to make reservations.

## Valentine Tea

Bring someone special to tea at the historic Cherry Hill Farmhouse. A costumed docent will host this holiday themed tea. Guests will dine on sandwiches, assorted sweets, scones, and hot tea! Hosted by the Friends of Cherry Hill Foundation. \*\*\*Reservations are Required\*\*\*

The senior citizen discount is not available for this program.

**Date:** Sun: 2/11 **Time:** 2-4pm

230150-A

**Fee:** \$33

**Location:** Cherry Hill Farmhouse

## Celtic Music Concert 18 & up

Enjoy a lively evening of Irish music in the intimate atmosphere of the farmhouse parlor.

**Date:** Sat: 3/10 **Time:** 8-10pm

230601-A

**Fee:** \$15

**Location:** Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at 703-248-5171 but enroll through the Recreation and Parks Department.

## Natural Egg Dying Open House Ages 2-11

Learn to decorate eggs the old-fashioned way! Visit historic Cherry Hill and spend the afternoon naturally dying your Easter eggs. We supply the materials, you decorate!

**Date:** Sat 3/31 **Time:** 10am – 12pm

**Fee:** \$5

No pre-registration

**Location:** Cherry Hill Farmhouse

Call 703-248-5171 for more information and reservations

## Cherry Hill Ice Cream Social!

Cherry Hill celebrates the start of its open house season with some family fun! Join us for yard games, tours and ice cream! Have a chance to use our old fashion ice cream maker and learn how ice cream was made in the 1860's.

**Date:** Sat 4/7

**Time:** 10 am – 12pm

**Fee:** Free Event

No pre-registration

**Location:** Cherry Hill Farmhouse

## Mother's Day Tea

This special tea will be hosted by a costumed docent who will discuss a mother's role in the mid-19th century. As always the tea consists of tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea. Hosted by the Friends of Cherry Hill Foundation. \*\*\*Reservations are Required\*\*\* The senior citizen discount is not available for this program.

**Date:** Sun: 5/13 **Time:** 2-4pm

230151-A

**Fee:** \$33

**Location:** Cherry Hill Farmhouse

## Preschool Program

### 3-5 years (See birthdates below)

Our preschool program focuses on fun and positive learning experiences that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

### Winter/Spring 2018

#### JUNIORS

(Birthdates: Oct 1, 2013 – Sept 30, 2014)

Tue/Thu: 1/2-5/24\* 9am-12pm  
211001-H R: \$900 / NR: \$920

\*No class dates 3/27, 3/29

#### SENIORS

(Birthdates: Oct 1, 2012 – Sept 30, 2013)

Mon/Wed/Fri: 1/3-5/25\* 9am-12pm  
211002-H R: \$1283 / NR: \$1303

\*No class dates 1/15, 2/19, 3/26, 3/28, 3/30

### Summer 2018

#### JUNIORS

(Birthdates: Oct 1, 2013 – Sept 30, 2014)

Tue/Thu: 6/5-6/28 9am-12pm  
311001-I R: \$160 / NR: \$180

Tue/Thu: 7/3-7/26 9am-12pm  
311001-J R: \$160 / NR: \$180

#### SENIORS

(Birthdates: Oct 1, 2012 – Sept 30, 2013)

Mon/Wed/Fri: 6/4-6/29 9am-12pm  
311002-I R: \$240 / NR: \$260

Mon/Wed/Fri: 7/2-7/27\* 9am-12pm  
311002-J R: \$220 / NR: \$240

\*No class dates 7/4

Winter/Spring 2018



## NEW! Animals Preschool - Living and Extinct

4-5 years (Birthdates: Oct 1, 2012 – Sept 30, 2013)

Preschoolers already love animals. We'll explore favorites such as dinosaurs and pandas and also learn about animals they may have never known of, such as the red-lipped batfish. While following the same structure of our morning preschool program, this afternoon class will expose children to different animals through books, music, and play. Children will also develop their fine and gross motor skills as well as develop social skills in a classroom with new friends. This program is licensed by the State of Virginia Department of Social Services. Children must be potty trained by the first day of class and must be born within the birthdates listed below. Proof of age via a birth certificate and your child's physical immunization report, will be required on the first day of the program.

Mon/Wed/Fri: 1/3-3/23\* 1-4pm  
211005-H R: \$743 / NR: \$763

\*No class dates 1/15, 2/19

Location: Preschool Room

## Kindergarten Readiness 4-6 years (Birthdates: Oct 1, 2012 – Sept 30, 2013)

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2018. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program.

Tue/Thu: 1/2-5/24\* 1-4pm  
211003-H R: \$900 / NR: \$920

## NEW! Community Helpers Preschool

4-5 years (Birthdates: Oct 1, 2012 – Sept 30, 2013)

Nurses, firefighters, teachers and others provide needed services to us every day. Children will learn about different community helpers and even meet a few! While following the same structure of our morning preschool program, this afternoon class will expose children to community helpers through books, music, and play. Children will also develop their fine and gross motor skills as well as develop social skills in a classroom with new friends. This program is licensed by the State of Virginia Department of Social Services. Children must be potty trained by the first day of class and must be born within the birthdates listed below. Proof of age via a birth certificate and your child's physical immunization report, will be required on the first day of the program.

Mon/Wed/Fri: 4/2-5/25 1-4pm  
211008-H R: \$540 / NR: \$560

Location: Preschool Room

\*No class dates 3/27, 3/29

Location: Preschool Room

# School Break Camps and Programs



## Wednesday Early Release Grades 2-5

Join us Wednesdays during the school year where we will keep your kids active and engaged with enrichment programs. STEAM and Play, or Extreme Sports and Games classes.

STEAM and Play combines 5 great subjects in one great class. Each day students will learn through hands-on experiments and work together to complete great projects.

The Extreme Sports and Games program will let the kids set the tone as each week students will play some of the greatest games and sports ever invented! Games like dodgeball, basketball, capture the flag, floor hockey, and kickball!

Hope you can join us! Transportation provided from TJ to the Community Center. Parents should pick up at Community Center at 4pm.

### STEAM & Play 2

**Wed: 1/17-3/21\*** 1:45-4pm  
220700-A R: \$425 / NR: \$0

### Extreme Sports & Games

**Wed: 1/17-3/21\*** 1:45-4pm  
220700-B R: \$375 / NR: \$0

### STEAM & Play 3

**Wed: 4/11-6/6\*** 1:45-4pm  
220700-C R: \$375 / NR: \$0

### Extreme Sports & Games

**Wed: 4/11-6/6\*** 1:45-4pm  
220700-D R: \$295 / NR: \$0

\*No class dates 2/7, 5/30

**Instructor:** Baroody Camps

**Location:** STEAM & Play - Art Room; Extreme Sports & Games – Gym (back half)

Register  
today!

## Winter Fun Camp

**Grades K-6**

Children will enjoy a fun-filled week including sports, arts and crafts, games and more! Campers will take a field trip to Mount Vernon Ice Rink on Wednesday and to Bowl America on Friday! Field trip fees are included. Campers should wear comfortable cloths and bring a lunch and snack each day.

**Tue-Fri: 12/26-12/29** 8am-5pm  
181400-A R: \$250 / NR: \$270  
**Tue: 1/2** 8am-5pm  
181400-B R: \$55 / NR: \$75

**Location:** Teen Center

**Instructor:** Recreation Department Staff

Register  
today!

## COLOR, COLOR EVERYWHERE Professional Day Activity

**6-12 years**

Color, color, everywhere! Have fun with color mixing, marbleizing, and multicolored polka-dotted installations in the style of Japanese artist Yayoi Kusama. We'll dance through time with Degas' ballerinas and let our imaginations fly with Malaysian moon kites! We'll even get an extra dose of happiness by exploring the upbeat, colorful artwork of Alma Thomas.

**Mon: 2/5** 9am-3pm  
281451-A R: \$60 / NR: \$80  
**Tue: 2/6** 9am-3pm  
281451-B R: \$60 / NR: \$80

**Instructor:** Abrakadoodle

**Location:** Teen Center



## Recreation Fun! Professional Day Activity 6-12 years

Join us for a day of fun at the Falls Church Community Center. Participants will do crafts, play games and sports in the gym, spend time playing games in the Teen Center and they will spend some time playing outside. Please bring lunch and a snack as well as a warm coat for outdoor play.

**Mon: 4/23** 8am-5pm  
281436-A R: \$65 / NR: \$85

**Location:** Teen Center

**Instructor:** Recreation Department Staff



## Giant Basketball Academy 6-12 years

Former Washington Wizards and New Jersey Nets player Gheorghe Muresan and his coaches will teach the fundamentals of basketball. This camp will feature 1-on-1 skills, shooting, team play, defensive positioning, speed drills and competitions to further develop all-around players.

**Mon-Fri: 3/26-3/30** 9am-3pm  
281400-A R: \$140 / NR: \$160

**Instructor:** Gheorghe Muresan

**Location:** Gym-Full

AM Care 7-9a	281414-A	\$45
PM Care 3-6p	281415-A	\$55



# School Break Camps and Programs



## ETC's Musical Debut

### 6-12 years

Move, shake, act and sing, with Educational Theatre Company! Become a troupe of singers, movers, and actors as you master musical storytelling. Through improvisation, character development, and movement exploration, students will create a short scene around a learned musical number. This spring break camp is perfect for any student who can't stop the beat, even if they are new to performing! Family and friends are invited to a sharing on the last day of camp.

**Mon-Fri: 3/26-3/30 9am-3pm**

281446-A R: \$295 / NR: \$315

**Instructor:** Educational Theatre Company

**Location:** Community Room

AM Care 7-9a 281414-A \$45

PM Care 3-6p 281415-A \$55

## Science Magic - Spring Edition 6-8 years

Microscopes, insects, and magic! Zoom in on biology and environment, and watch the nature waking up. Children become magicians and showcase their 'tricks' in a Science Magic Show at the end of the camp.

**Mon-Fri: 3/26-3/30 9am-3pm**

281448-A R: \$335 / NR: \$355

**Instructor:** iSchool for the Future

**Location:** Art Room

AM Care 7-9a 281414-A \$45

PM Care 3-6p 281415-A \$55

## Blast Into the Past

### 8-12 years

The 1845 Cherry Hill farmhouse provides the perfect setting to experience a girl's life in mid-19th century rural Virginia. Campers will make 19th century crafts, dress in period clothing, enjoy parlor games, cook, and become amateur archaeologists as they learn about life in the 1800s.

**Mon-Fri: 3/26-3/30 9am-3pm**

281447-A R: \$285 / NR: \$305

**Location:** Cherry Hill Farmhouse

AM Care 7-9a 281414-A \$45

PM Care 3-6p 281415-A \$55



## Amazing Race Around The World 8-12 years

Travel the world to discover new places and cultures this spring break. Students declare independence with their own micronations! Children will explore cultures, architecture and world geography, will learn to appreciate differences, similarities and strengths of the world's diversity, and experience music, cuisines, arts and traditions of people around the globe. The young world travelers will even build a country along the way and will use science, technology, engineering, arts, and math and their social and emotional skills while working together as one nation.

**Mon-Fri: 3/26-3/30 9am-3pm**

281449-A R: \$335 / NR: \$355

**Instructor:** iSchool for the Future

**Location:** Teen Center

AM Care 7-9a 281414-A \$45

PM Care 3-6p 281415-A \$55

## Restaurant Creation 6-12 years

If your little chef dreams of someday having their own restaurant, sign them up for this one-day camp! Children will produce different courses (appetizer, entrée, dessert) throughout the day. While creating these dishes, they will also be creating their very own restaurant menu, logo, and learn about how to price each course. Recipes: Classic Tuscan Panzanella Salad, Dessert Banana Split with Yogurt and Jam, Bacon-Cheese Pizza Bombs, and more!

### Second week of Spring Break

**Mon-Fri: 4/2-4/6 9am-3pm**

281450-A R: \$310 / NR: \$330

**Instructor:** Tiny Chefs

**Location:** Teen Center

AM Care 7-9p 281414-B \$45

PM Care 3-6p 281415-B \$55



# Hobby Classes



## Amazing Athletes Program 4-6 years

The Amazing Athletes Program is designed around the child having a complete experience. Gross motor skills, muscle tone, physical fitness, two ball sports and various activities enhancing hand eye coordination and brain development are compiled into one action-packed 45 minute class. Based on a building block system, each class will carefully break down all of the elements of different sports, such as soccer, hockey, football, basketball, baseball volleyball, golf, tennis and lacrosse. This fun and positive learning experience will help the child develop the basic fundamentals of sports as well as instilling self-confidence, good sportsmanship and team pride. This is what makes the Amazing Athletes program unique from all other extracurricular activities!

### Athletes Ages 2.5-3

**Sat: 4/7-6/2\*** 11:30am-12:15pm  
210902-A R: \$99 / NR: \$119

### Athletes Ages 4-6 years

**Sat: 4/7-6/2\*** 12:15-1pm  
210902-B R: \$99 / NR: \$119

\*No class dates 4/14, 5/12, 5/26

**Instructor:** Amazing Athletes

**Location:** 1/2 Gym Back Door



## Boogie Woogie Tumble & Twirl 3-6 years

This is the perfect intro class for your head boppin, toe tappin munchkin. They will learn basic tumbling skills while introducing their bodies to beginner dance technique with creative movement. This class will not only improve coordination and fine motor skills but encourage confidence and performance participation. Come Boogie Woogie with us to all of their favorite tunes. Comfortable loose clothing and bare feet are recommended. This class will conclude with an in-class performance at the end of the session.

**Fri: 2/2-5/4\*** 1:45-2:30pm  
210406-A R: \$145 / NR: \$165

\*No class dates 3/30, 4/13

**Instructor:** Adrenaline Dance Force Staff

**Location:** Dance-Left

## PE for Pre K 3-5 years

Baroody Camps will take your child through some of the most fun PE games while developing the skills needed to grow more confident in movement. Kids will learn basic motor skills while playing some really fun games. Hope you can join us!

### Ages 3-4

**Tue: 1/23-3/20** 9-9:30am  
210909-A R: \$150 / NR: \$170

**Tue: 4/10-5/29** 9:30-10am  
210909-B R: \$150 / NR: \$170

### Ages 4-5

**Tue: 1/23-3/20** 10-10:30am  
210909-C R: \$150 / NR: \$170

**Tue: 4/10-5/29** 10-10:30am  
210909-D R: \$150 / NR: \$170

**Instructor:** Baroody Camps

**Location:** 1/2 Gym Lobby Side

## Family Fun with Improv!

### 4 & up

CARE Actor's Family Improv Workshops bring families together by encouraging creativity, tapping into emotions in a positive way, and teaching problem solving and team building through theater games. Please wear comfortable clothes and come ready to play and laugh with us! Fee includes one parent and one child.

**Fri: 2/23** 6-7pm  
230700-A R: \$20 / NR: \$30

**Fri: 4/20** 6-7pm  
230700-B R: \$20 / NR: \$30

**Instructor:** C.A.R.E. Actor

**Location:** Community Room



## Adrenaline Tumbling 4-12 years

Our tumblers will learn tumbling basics, flexibility and beginning/intermediate level skills such as rolls, cartwheels and back bends. Core strength and balance are incorporated to build strength and coordination. Students will improve on their gymnastics skills, balance and increase strength through movement exercises while having a great time! Comfortable loose clothing and bare feet are recommended.

### Ages 4-6

**Thu: 1/25-5/3\*** 4:30-5:30pm  
220408-A R: \$210 / NR: \$230

### Ages 6-12

**Wed: 1/24-5/2\*** 6:15-7:15pm  
220408-B R: \$210 / NR: \$230

\*No class dates 3/28, 3/29

**Instructor:** Adrenaline Dance Force Staff

**Location:** Community Room







## Chess 5-13 years

Learn chess from a Silver Knights Chess coach! We teach more than 3,500 children each week. State and national champions have come from our programs, but most of our students are just looking to have fun! Class time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club.

**Tue: 1/23-3/13 5:30-6:30pm**  
220760-A R: \$146 / NR: \$166  
**Tue: 4/3-5/22 5:30-6:30pm**  
220760-B R: \$146 / NR: \$166

**Instructor:** Silver Knights Enrichment  
**Location:** Community Room

## Adrenaline Cheer Class 6-12 years

Our cheer class is designed to teach basic to advanced concepts of cheer. We will work on motions and jump technique, stunting basics and cheer dances! All of our cheerleaders will gain strength, performance techniques and improve on their showmanship! Whether you are new to cheerleading or building on your foundation; we will help you to be your best! This class will perform in the end of session May recital as well as have the option to perform in the additional ADF Recital!

**Thu: 1/25-5/3\* 6-7pm**  
220406-A R: \$255 / NR: \$275

\*No class dates 3/29

**Instructor:** Adrenaline Dance Force Staff  
**Location:** Community Room

## Hip-Hop Dance Yogi Girlz 6-12 years

Hip-Hop Dance Yogi Girlz is an innovative, creative, fun, dynamic way for kids to learn and enjoy the ancient art form of yoga! Through a decadent fusion of hip-hop dance, music, rhythmic flow, balance, fluid body movement and art your daughter will transform. You'll see improvement in her form, flexibility, confidence, skill and focus. No experience in yoga is needed.

However, each child should be prepared to be challenged and open to exploring the range of motion and ability of their bodies. Excellent for dancers, gymnast and cheerleaders. This class does NOT participate in the May dance recital.

**Sat: 1/27-5/19\* 9-10am**  
220414-A R: \$225 / NR: \$245

\*No class dates 3/24, 3/31, 4/14

**Instructor:** Etheric Realms

**Location:** Senior Center-Right

## Tiny Chefs -American-Asian Twist 7-14 years

American cuisine is inspired by countries around the world, but has become uniquely and deliciously its own! We are putting a twist on the American cuisine, and pairing those dishes with Asian cuisine in this class! What better way to celebrate both cultures by taking a culinary adventure while eating delicious food. Recipes: BBQ Chicken Sandwiches, Fresh Fruit Spring Rolls, Veggie Chili, and more!

**Ages 7-10**  
**Thu: 1/25-3/1 5:30-6:30pm**  
220303-A R: \$150 / NR: \$170

**Ages 11-14**  
**Thu: 1/25-3/1 4-5pm**  
220303-B R: \$150 / NR: \$170

**Instructor:** Tiny Chefs

**Location:** Art Room

## Tiny Chefs - Chopped! 7-14 years

Never have food challenge reality shows been so popular and Chopped! is a favorite here at Tiny and Gourmet Chefs! We like it so much we decided to base a whole week long camp on the concept. Our version has the added twist of focusing on different cuisines every day of camp. So, each day the Tiny and Gourmet Chef campers will be presented with a basket with 3 or 4 ingredients, which reflect these different cuisines—French, Italian, Mexican, Asian and "All-American". Using those ingredients and working within those cuisines, they will challenge themselves to make mouthwatering specialties, traditional favorites and explore new ingredients, tastes and combinations.

Recipes: Guacamole Chicken Salad, Classic Mini-Meatloaf, Apple Streusel Muffins, and more!

**Ages 7-10**  
**Thu: 4/5-5/10 5:30-6:30pm**  
220304-A R: \$150 / NR: \$170

**Ages 11-14**  
**Thu: 4/5-5/10 4-5pm**  
220304-B R: \$150 / NR: \$170

**Instructor:** Tiny Chefs

**Location:** Art Room

## First Aid/ CPR 14 & up

American Safety & Health Institute Community CPR/AED for adults, children and infants, and Universal Basic First Aid. First Aid and CPR/AED certification is valid for two years. Wednesday night is CPR, Thursday night is First Aid.

**CPR/First Aid**  
**Wed/Thu: 5/30-5/31 7-9:30pm**  
250718-A R: \$76 / NR: \$96

**CPR Only**  
**Wed: 5/30 7-9:30pm**  
250718-B R: \$56 / NR: \$76

**First Aid Only**  
**Thu: 5/31 7-9:30pm**  
250718-C R: \$56 / NR: \$76

**Instructor:** Know CPR

**Location:** Teen Center

# Art Classes

## Art In Hand Tots

**18 months-3 years**

Warm up with some cool art this winter, then let more art blossom in the spring! Each week, an interactive story time inspires creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by nature and the colors and textures of the season. Our developmental approach stimulates the senses, sparks imaginations and supports emerging language, social and problem-solving skills. Most of all tots and their grown-ups can be creative, have fun and make the mess away from home!

**www.artinhand.org**

**Mon: 1/22-3/12\* 10-10:45am**  
210110-A R: \$130 / NR: \$150

**Thu: 1/25-3/15 9:30-10:15am**  
210110-B R: \$148 / NR: \$168

**Mon: 4/16-5/21\* 10-10:45am**  
210110-C R: \$111 / NR: \$131

**Thu: 4/19-5/24\* 9:30-10:15am**  
210110-D R: \$111 / NR: \$131

\*No class dates 2/19

**Instructor:** Art in Hand Staff

**Location:** Art Room

## Twoosy Doodlers

**20 months-3 years**

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

**Tue: 1/23-3/13 10:30-11:10am**  
210101-A R: \$144 / NR: \$164

**Wed: 1/24-3/14 11-11:40am**  
210101-B R: \$144 / NR: \$164

**Tue: 4/3-5/22 10:30-11:10am**  
210101-C R: \$144 / NR: \$164

**Wed: 4/4-5/23 11-11:40am**  
210101-D R: \$144 / NR: \$164

**Instructor:** Abrakadoodle

**Location:** Art Room



## Art In Hand Preschoolers

**2.5-6 years**

Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction with natural and found objects inspired by kid-friendly topics and the sights, sounds, and textures of the beautiful changes in nature this time of year. This parent/child class is perfect for sibling pairs or anyone through kindergarten age. The program's distinctive approach is designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills.

**www.artinhand.org**

**Mon: 1/22-3/12\* 11am-11:45pm**  
210118-A R: \$130 / NR: \$150

**Thu: 1/25-3/15 10:30-11:15am**  
210118-B R: \$148 / NR: \$168

**Mon: 4/16-5/21\* 11-11:45am**  
210118-C R: \$111 / NR: \$131

**Thu: 4/19-5/24\* 10:30-11:15am**  
210118-D R: \$111 / NR: \$131

\*No class dates 2/19

**Instructor:** Art in Hand Staff

**Location:** Art Room

## Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

**Sat: 1/27-3/17 11-11:45am**  
210102-A R: \$144 / NR: \$164

**Sat: 4/7-5/19 10:30-11:10am**  
210102-B R: \$126 / NR: \$146

**Instructor:** Abrakadoodle

**Location:** Senior Center-Left

## PreK Drawing for Young Rembrandts 3.5-5 years

Young Rembrandts introduces preschoolers to useful drawing skills and develops kindergarten readiness, using structured stepwise instruction. As they learn to recognize and build on the simple shapes that underlie familiar images, preschoolers develop visual-motor processing and motor skills while creating fun and colorful artwork. New lessons every week!

**Tue: 1/23-3/13 12:30-1:30pm**  
210111-A R: \$172 / NR: \$192

**Tue: 4/3-5/22 12:30-1:30pm**  
210111-B R: \$172 / NR: \$192

**Instructor:** Young Rembrandts

**Location:** Art Room

## Doodlers 6-12 years

This popular multi-media art program helps kids stretch their creative muscles and exercise their right brains in action-oriented classes filled with color, texture, shape and fun! Our art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style.

**Tue: 1/23-3/13 5-6pm**  
220101-A R: \$155 / NR: \$175

**Tue: 4/3-5/22 5-6pm**  
220101-B R: \$155 / NR: \$175

**Instructor:** Abrakadoodle

**Location:** Senior Center-Left

## Kids on Canvas

**6-12 years**

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abrakadoodle twist.

**Wed: 1/24-3/14 5:30-6:30pm**  
220140-A R: \$160 / NR: \$180

**Wed: 4/4-5/23 5:30-6:30pm**  
220140-B R: \$160 / NR: \$180

**Instructor:** Abrakadoodle

**Location:** Art Room

## Young Rembrandts Cartooning 6-12 years

Young Rembrandts™ teaches students using structured stepwise direction to create their own animated characters in humorous settings. We break down objects and ideas into simple shapes, then use exaggeration, caricature, and personification to playfully construct our own cartoon images. New lessons every week!

**Sat: 1/27-3/17**      **12-1:30pm**  
220111-A      R: \$256 / NR: \$276  
**Sat: 4/7-5/19**      **12-1:30pm**  
220111-B      R: \$224 / NR: \$244

**Instructor:** Young Rembrandts

**Location:** Senior Center-Right

## Drawing for Young Rembrandts 6-12 years

Young Rembrandts™ teaches fun drawing lessons using a structured stepwise methodology to develop students' independent thinking skills. We discover that all complex objects can be broken down into familiar shapes; then use problem-solving skills, innovation, and imagination to put them together into confidence-boosting masterpieces. New lessons every week!

**Fri: 1/26-3/16**      **6-7:30pm**  
220113-A      R: \$256 / NR: \$276  
**Fri: 4/6-5/18\***      **6-7:30pm**  
220113-B      R: \$224 / NR: \$244

\*No class dates 4/14

**Instructor:** Young Rembrandts

**Location:** Senior Center-Right

## Participatory Public Sculpture 14 & up

Roll up your sleeves and help create the ceramic forms that will become part of a temporary public art sculpture project funded through Falls Church City Arts and Humanities grant in conjunction with Falls Church Arts. This hands-on community art project for Howard Herman trail will harmonize with the environment and enhance the beauty of the park.

**Sat: 1/20**      **1-2:30pm**  
230112-A      Free but you must enroll  
**Location:** Art Room

## Falls Church Arts and Humanities Grant Program

The City's grant program supports activities, programs, events and strategies that encourage arts, history, and cultural education and strengthen the vitality of these efforts in the City of Falls Church and serve as a catalyst in the greater community. Learn more about this program at [www.fallschurchva.gov/grants](http://www.fallschurchva.gov/grants)

*Congratulations to all of this year's award winners.*

### FY2018 Project Grants

#### Art Stops Public Art by Falls Church Arts Inc.

Falls Church Arts Inc. received a \$3,600 grant for a pilot project to install a temporary exhibit of original pieces of public art in the city's new bus shelters. Learn more at [www.fallschurcharts.org](http://www.fallschurcharts.org)

#### Tinner Hill Blues Festival by Tinner Hill Heritage Foundation

Awarded \$5,000 for the 2018 Tinner Hill Blues Festival, **Friday, June 8 through Sunday June 10, 2018**. This is the city's oldest ethnic festival, celebrating its 25th year. Learn more at [tinnerhill.org/blues-festival](http://tinnerhill.org/blues-festival)

#### Holiday Concert by Washington Sinfonietta

Awarded \$1,900 to help fund a free family holiday concert with reception at the Falls Church Episcopal Church on **Sunday December 10, 2017** from 4pm to 6pm. Learn more at [washingtonsinfonietta.org/concerts](http://washingtonsinfonietta.org/concerts)

#### Watch Night sponsored by The Little City CATCH Foundation

Awarded \$5,000, this New Year's Eve celebration is a free event, fun for all ages, supporting local entertainers, artists and businesses. Learn more at [www.watchnightfallschurch.com](http://www.watchnightfallschurch.com)

#### Bold New Works – Witch by Creative Cauldron

Awarded \$5,000 for Witch, a musical that examines the complex and compelling stories of women who've been labeled as witches throughout the centuries. Learn more at [www.creativecauldron.org](http://www.creativecauldron.org)

#### Public Sculpture Project sponsored by Falls Church Arts Inc.

Awarded \$4,000 for a community project constructing environmental and socially relevant temporary sculptures for Howard E Herman Stream Valley Park. Contact [info@fallschurcharts.org](mailto:info@fallschurcharts.org) to learn more or check out the exhibit, opening in May!

### FY2018 Operational Grants

#### Creative Cauldron awarded \$10,000

Dedicated to providing affordable, enriching, and diverse experiences in the performing and visual arts

#### Falls Church Arts awarded \$7,000

Ensures that the arts are an essential part of the cultural environment of the City of Falls Church.

#### The Little City C.A.T.C.H. Foundation awarded \$4,167

Supports activities, programs, events and strategies that encourage arts, history and cultural education in the City of Falls Church.

#### Tinner Hill Heritage Foundation awarded \$3,833

Supports activities that preserve, present, and interpret the rich African-American history, civil rights legacy, music and culture of Falls Church.



# Technology Classes

## Jr Weebotics with Parent 4-6 years

Student dive into robotics, programming logic, and structural design. Using pulleys, levers, and sensors to construct snapping alligators and spinning robots, then program them using visual drag-and-drop software. Students build a strong foundation of coding and robotics skills for their tech future.

**Sun: 1/28-3/4**      **12:30-1:45pm**  
210720-A      R: \$154 / NR: \$174

**Sun: 4/8-5/13**      **2:30-3:45pm**  
210720-B      R: \$154 / NR: \$174

**Instructor:** Digital Kidz

**Location:** Art Room

## Adventures in STEM 4-5 years

Every class is a new STEM Adventure! Build, design, experiment, brainstorm, make friends and come up with solutions to real life challenges using Science, Technology, Engineering, Math with Art and the 21st Century Social and Emotional Skills.

**Sat: 2/24-5/12\***      **9:30-10:30am**  
210719-A      R: \$230 / NR: \$250

\*No class dates 3/24, 3/31

**Instructor:** iSchool for the Future

**Location:** Senior Center-Left

## Adventures in STEM 6-9 years

Every class is a new STEM Adventure! Build, design, experiment, brainstorm, make friends and come up with solutions to real life challenges using Science, Technology, Engineering, Math with Art and the 21st Century Social and Emotional Skills.

**Fri: 2/23-5/4\* 5-6pm**  
220735-A R: \$230 / NR: \$250

\*No class dates 3/30

**Instructor:** iSchool for the Future

**Location:** Art Room

## Animation Using Minecraft 6-14 years

In this class, students will learn how characters move and look alive in movies and video games! They will be introduced to basic 2D and 3D animation techniques using Minecraft characters and stages. Kids will expand their perception, observation, and timing skills, as well as exercise their imagination and storytelling by studying motion in reality; then applying it to animation. Students will learn how animators work by completing a variety of short animation exercises and projects. Does your child aspire to become an animator for games and movies? Sign up for this class today!

Note: Returning students will learn how to use new tools in the updated 2.0 software.

**Ages 6-9**  
**Sat: 1/27-3/3**      **2:30-3:30pm**  
220728-A      R: \$144 / NR: \$164

**Ages 10-14**  
**Sat: 1/27-3/3**      **3:45-4:45pm**  
220728-B      R: \$144 / NR: \$164

**Instructor:** C3 Cyber Club

**Location:** Community Room

## Scratch Coding 7-13 years

Children learn to create stories, games, and animations using visual programming language called Scratch. It's as easy to use as snapping together building blocks! With Scratch, Children learn to think creatively, work collaboratively, and reason systematically. Our curriculum teaches new coders the basics while challenging experienced coders to create increasingly complex programs. Silver Knights will supply all the equipment during coding club.

**Thu: 1/25-3/15**      **7-8pm**  
220734-A      R: \$229 / NR: \$229

**Thu: 4/5-5/24**      **7-8pm**  
220734-B      R: \$229 / NR: \$229

**Instructor:** Silver Knights Enrichment

**Location:** Art Room

## Minecraft Programming 6-14 years

Using a custom mod called "Computercraft", students will learn how to program robots called "Turtles" inside the world of Minecraft. Kids will utilize problem-solving skills by learning how to program their robots to complete various tasks and objectives such as programming their turtles to automatically build, mine, and craft items and structures. They are introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Looking for a fun way to introduce your child to programming? Why not do it using a game they love! **Note:** Basic reading skills required. Experience playing Minecraft preferred, but not required. Please email [info@c3cyberclub.com](mailto:info@c3cyberclub.com) for details.

**Ages 6-9**  
**Sat: 4/7-5/12**      **2:30-3:30pm**  
220727-A      R: \$144 / NR: \$164

**Ages 10-14**  
**Sat: 4/7-5/12**      **3:45-4:45pm**  
220727-B      R: \$144 / NR: \$164

**Instructor:** C3 Cyber Club

**Location:** Community Room

## Adventures in Robotics 7-11 years

This Digital Kidz program immerses students in the exciting world of Robotics using the LEGO MINDSTORMS EV3. Combining the versatility of the LEGO building system and intuitive drag-and-drop programming software, this adventure will have students working in teams, making friends, and creating robots from day one.

**Sun: 1/28-3/4**      **2-3:15pm**  
220736-A      R: \$154 / NR: \$174

**Sun: 4/8-5/13**      **4-5:15pm**  
220736-B      R: \$154 / NR: \$174

**Instructor:** Digital Kidz

**Location:** Art Room



Falls Church Recreation and Parks

## Music Together®

### Birth-5, with adult

Music Together®, an internationally-recognized music and movement program, engages early childhood music development for infant, toddler and pre-school children and their parents and other primary caregivers through mixed-aged classes. It pioneered the concept of a research based, developmentally-appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement and, it's fun! The Music Together approach develops every child's birthright of basic music competence by encouraging the actual experiencing of music through playful activities rather than the learning of concepts or information about music.

<b>Mon: 1/22-3/19*</b>	<b>9:15-10am</b>	<b>Mon: 4/2-6/11*</b>	<b>10:15-11am</b>
210608-A	R: \$189 / NR: \$209	210608-K	R: \$208 / NR: \$228
<b>Mon: 1/22-3/19*</b>	<b>10:15-11am</b>	<b>Mon: 4/2-6/11*</b>	<b>11:15am-12pm</b>
210608-B	R: \$189 / NR: \$209	210608-L	R: \$208 / NR: \$228
<b>Mon: 1/22-3/19*</b>	<b>11:15am-12pm</b>	<b>Tue: 4/3-6/12</b>	<b>9:15-10am</b>
210608-C	R: \$189 / NR: \$209	210608-M	R: \$226 / NR: \$246
<b>Tue: 1/23-3/20</b>	<b>9:15-10am</b>	<b>Tue: 4/3-6/12</b>	<b>10:15-11am</b>
210608-D	R: \$208 / NR: \$228	210608-N	R: \$226 / NR: \$246
<b>Tue: 1/23-3/20</b>	<b>10:15-11am</b>	<b>Tue: 4/3-6/12</b>	<b>11:15am-12pm</b>
210608-E	R: \$208 / NR: \$228	210608-O	R: \$226 / NR: \$246
<b>Tue: 1/23-3/20</b>	<b>11:15am-12pm</b>	<b>Wed: 4/4-6/13</b>	<b>9:15-10am</b>
210608-F	R: \$208 / NR: \$228	210608-P	R: \$226 / NR: \$246
<b>Wed: 1/24-3/21</b>	<b>9:15-10am</b>	<b>Wed: 4/4-6/13</b>	<b>10:15-11am</b>
210608-G	R: \$208 / NR: \$228	210608-Q	R: \$226 / NR: \$246
<b>Wed: 1/24-3/21</b>	<b>10:15-11am</b>	<b>Wed: 4/4-6/13</b>	<b>11:15am-12pm</b>
210608-H	R: \$208 / NR: \$228	210608-R	R: \$226 / NR: \$246
<b>Wed: 1/24-3/21</b>	<b>11:15am-12pm</b>	*No class dates 2/19, 5/28	
210608-I	R: \$208 / NR: \$228	<b>Instructor:</b> Music Together Staff	
<b>Mon: 4/2-6/11*</b>	<b>9:15-10am</b>	<b>Location:</b> Community Room	
210608-J	R: \$208 / NR: \$228		



## TOT Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Dates are subject to change. Call 703-248-5077 (press 1, open gym hours) for an updated schedule. This program is not held when special events are in the gym or if the Community Center is closed for a holiday.

**Dates:** Fridays, January 5 - June 15, 2017

**No Tot Time:** TBD

**Location:** Gym

**Time:** 10am-12noon

**Fees:** \$1 per child



# Music Classes

## Private Piano or Voice Lessons 5 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at [ahorn1@verizon.net](mailto:ahorn1@verizon.net).

<b>Thu: 2/1-2/22</b> 230703-A1	<b>4:30-5pm</b> R: \$160 / NR: \$180	<b>Thu: 4/5-4/26</b> 230703-E7	<b>7:30-8pm</b> R: \$160 / NR: \$180
<b>Thu: 2/1-2/22</b> 230703-A2	<b>5-5:30pm</b> R: \$160 / NR: \$180	<b>Thu: 5/3-5/24</b> 230703-G1	<b>4:30-5pm</b> R: \$160 / NR: \$180
<b>Thu: 2/1-2/22</b> 230703-A3	<b>5:30-6pm</b> R: \$160 / NR: \$180	<b>Thu: 5/3-5/24</b> 230703-G2	<b>5-5:30pm</b> R: \$160 / NR: \$180
<b>Thu: 2/1-2/22</b> 230703-A4	<b>6-6:30pm</b> R: \$160 / NR: \$180	<b>Thu: 5/3-5/24</b> 230703-G3	<b>5:30-6pm</b> R: \$160 / NR: \$180
<b>Thu: 2/1-2/22</b> 230703-A5	<b>6:30-7pm</b> R: \$160 / NR: \$180	<b>Thu: 5/3-5/24</b> 230703-G4	<b>6-6:30pm</b> R: \$160 / NR: \$180
<b>Thu: 2/1-2/22</b> 230703-A6	<b>7-7:30pm</b> R: \$160 / NR: \$180	<b>Thu: 5/3-5/24</b> 230703-G5	<b>6:30-7pm</b> R: \$160 / NR: \$180
<b>Thu: 2/1-2/22</b> 230703-A7	<b>7:30-8pm</b> R: \$160 / NR: \$180	<b>Thu: 5/3-5/24</b> 230703-G6	<b>7-7:30pm</b> R: \$160 / NR: \$180
<b>Thu: 3/1-3/22</b> 230703-C1	<b>4:30-5pm</b> R: \$160 / NR: \$180	<b>Thu: 5/3-5/24</b> 230703-G7	<b>7:30-8pm</b> R: \$160 / NR: \$180
<b>Thu: 3/1-3/22</b> 230703-C2	<b>5-5:30pm</b> R: \$160 / NR: \$180	<b>Sat: 2/3-2/24</b> 230703-B	<b>9-9:30am</b> R: \$160 / NR: \$180
<b>Thu: 3/1-3/22</b> 230703-C3	<b>5:30-6pm</b> R: \$160 / NR: \$180	<b>Sat: 2/3-2/24</b> 230703-B1	<b>9:30-10am</b> R: \$160 / NR: \$180
<b>Thu: 3/1-3/22</b> 230703-C4	<b>6-6:30pm</b> R: \$160 / NR: \$180	<b>Sat: 2/3-2/24</b> 230703-B2	<b>10-10:30am</b> R: \$160 / NR: \$180
<b>Thu: 3/1-3/22</b> 230703-C5	<b>6:30-7pm</b> R: \$160 / NR: \$180	<b>Sat: 2/3-2/24</b> 230703-B3	<b>10:30-11am</b> R: \$160 / NR: \$180
<b>Thu: 3/1-3/22</b> 230703-C6	<b>7-7:30pm</b> R: \$160 / NR: \$180	<b>Sat: 2/3-2/24</b> 230703-B4	<b>11-11:30am</b> R: \$160 / NR: \$180
<b>Thu: 3/1-3/22</b> 230703-C7	<b>7:30-8pm</b> R: \$160 / NR: \$180	<b>Sat: 2/3-2/24</b> 230703-B5	<b>11:30am-12pm</b> R: \$160 / NR: \$180
<b>Thu: 4/5-4/26</b> 230703-E1	<b>4:30-5pm</b> R: \$120 / NR: \$140	<b>Sat: 2/3-2/24</b> 230703-B6	<b>12-12:30pm</b> R: \$160 / NR: \$180
<b>Thu: 4/5-4/26</b> 230703-E2	<b>5-5:30pm</b> R: \$160 / NR: \$180	<b>Sat: 3/3-3/24</b> 230703-D	<b>9-9:30am</b> R: \$160 / NR: \$180
<b>Thu: 4/5-4/26</b> 230703-E3	<b>5:30-6pm</b> R: \$120 / NR: \$140	<b>Sat: 3/3-3/24</b> 230703-D1	<b>9:30-10am</b> R: \$160 / NR: \$180
<b>Thu: 4/5-4/26</b> 230703-E4	<b>6-6:30pm</b> R: \$160 / NR: \$180	<b>Sat: 3/3-3/24</b> 230703-D2	<b>10-10:30am</b> R: \$160 / NR: \$180
<b>Thu: 4/5-4/26</b> 230703-E5	<b>6:30-7pm</b> R: \$160 / NR: \$180	<b>Sat: 3/3-3/24</b> 230703-D3	<b>10:30-11am</b> R: \$160 / NR: \$180
<b>Thu: 4/5-4/26</b> 230703-E6	<b>7-7:30pm</b> R: \$160 / NR: \$180	<b>Sat: 3/3-3/24</b> 230703-D4	<b>11-11:30am</b> R: \$160 / NR: \$180



<b>Sat: 3/3-3/24</b> 230703-D5	<b>11:30am-12pm</b> R: \$160 / NR: \$180
<b>Sat: 3/3-3/24</b> 230703-D6	<b>12-12:30pm</b> R: \$160 / NR: \$180
<b>Sat: 4/7-4/28</b> 230703-F	<b>9-9:30am</b> R: \$160 / NR: \$180
<b>Sat: 4/7-4/28</b> 230703-F1	<b>9:30-10am</b> R: \$160 / NR: \$180
<b>Sat: 4/7-4/28</b> 230703-F2	<b>10-10:30am</b> R: \$160 / NR: \$180
<b>Sat: 4/7-4/28</b> 230703-F3	<b>10:30-11am</b> R: \$160 / NR: \$180
<b>Sat: 4/7-4/28</b> 230703-F4	<b>11-11:30am</b> R: \$160 / NR: \$180
<b>Sat: 4/7-4/28</b> 230703-F5	<b>11:30am-12pm</b> R: \$160 / NR: \$180
<b>Sat: 4/7-4/28</b> 230703-F6	<b>12-12:30pm</b> R: \$160 / NR: \$180
<b>Sat: 5/5-6/2*</b> 230703-H	<b>9-9:30am</b> R: \$160 / NR: \$180
<b>Sat: 5/5-6/2*</b> 230703-H1	<b>9:30-10am</b> R: \$160 / NR: \$180
<b>Sat: 5/5-6/2*</b> 230703-H2	<b>10-10:30am</b> R: \$160 / NR: \$180
<b>Sat: 5/5-6/2*</b> 230703-H3	<b>10:30-11am</b> R: \$160 / NR: \$180
<b>Sat: 5/5-6/2*</b> 230703-H4	<b>11-11:30am</b> R: \$160 / NR: \$180
<b>Sat: 5/5-6/2*</b> 230703-H5	<b>11:30am-12pm</b> R: \$160 / NR: \$180
<b>Sat: 5/5-6/2*</b> 230703-H6	<b>12-12:30pm</b> R: \$160 / NR: \$180

\*No class dates 5/26

**Instructor:** Dream In Color

**Location:** Preschool Room



## FALLS CHURCH DANCE PROGRAM

Welcome to the Winter-Spring session of the Falls Church Dance Program. Below is some helpful information for parents and dancers. Please be sure to read all information carefully. If you have any questions or need further information please contact the Falls Church Recreation and Parks Department at 703-248-5027.

- **Spring Recitals:** This semester will conclude with our annual spring recitals.  
Saturday, May 12, 9:30am - **Adrenaline Dance Force:** Classical Ballet, Hip Hop & Cheer classes; **Dream In Color:** Preschool B, Preschool C, & Ballet 1 classes  
**Athletes Global:** Cheer & Hip Hop; **Go Bananas Dancing:** All That Ballet, Jazz & Movement, Elementary Ballet  
Saturday, May 12, 11:00am - **Every Body Dance:** Preschool A (Monday, Saturday 9:00, Tuesday 9:30), Preschool B (Monday, Thursday), Dance Company, Senior Ballet  
Saturday, May 12, 12:30pm - **Every Body Dance Classes:** Preschool A (Tuesday 10:00, Saturday 9:30), Preschool B (Tuesday 10:30, Saturday), Dance Company, Senior Ballet  
Thursday, May 17, Showcase, 7pm - **Every Body Dance Classes:** Dance Company  
Saturday, May 19, 10:30am - **Every Body Dance:** Preschool C (Monday, Saturday), Junior Ballet 1, Ballet/Tap/Jazz 1 (Monday), Ballet 2/3, Teen Musical Theater, Senior Ballet, Dance Company  
Saturday, May 19, 1:30pm - **Every Body Dance:** Preschool C (Thursday 10:15, Thursday 4:45), Ballet/Tap/Jazz 1 (Saturday), Musical Theater 1, Junior Ballet 2, Jazz/Hip Hop 2/3, Contemporary, Senior Ballet, Dance Company  
Saturday, May 19, 4:30pm - **Every Body Dance:** Ballet/Tap/Jazz 1 (Thursday), Jazz/Hip hop 1, Ballet 1, Junior Ballet 3/4, Dance Company, Musical Theater 2/3
- **Registration:** To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated if an enrolled student withdraws from the class.
- **Costumes:** All costume fees for the spring recital have been included in the class fee. The class fee includes class instruction and recital costume. Full payment for the class and costume is due at the time of registration. If your child is not participating in the dance recital, please complete a waiver form. Waiver forms may be obtained from staff at the time of registration. A household credit will be mailed to your home for the price of the costume. A costume will not be ordered for your child.
- **Class Transfers:** After February 13, no transfers will be permitted unless the child is NOT participating in the dance recital. Costumes are ordered by this date to ensure receipt for the dance recital.
- **EBD Ballet Program:** All classes in the Ballet Program require a teacher referral, as experience is required for these more intensive classes. Please speak with your child's teacher if you have questions about which class is appropriate for them to attend.

### Shoes and Attire

**Preschool Dance:** Many students wear leotards, tights and skirts. Ballet shoes are recommended.

**Preschool B and C classes:** Ballet shoes as well as tap shoes or other "noisy shoes" (such as dress shoes with non-marking soles) are also needed for class.

**Ballet Classes:** Ballet shoes required. Dancewear or other form-fitting clothing required.

**Tap/Jazz Classes:** Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

**Jazz Classes and Creative Dance Classes:** Jazz or ballet shoes required. Dancewear or other form-fitting clothing required

**Ballet/Tap/Jazz Classes:** Ballet and tap shoes required. Dancewear or other formfitting clothing required.

**Musical Theater Classes:** Black Jazz shoes required.

**Hip Hop:** No special shoes or clothing required.

In an effort offer a variety of dance genres, Falls Church Recreation and Parks Department has partnered with numerous dance companies to meet the needs of the community. Each contractor determines their own class prices. For additional information on each company, please visit their websites:

**Adrenaline Dance Force**

[www.AdrenalineDanceForce.com](http://www.AdrenalineDanceForce.com)

**Dream In Color Foundation**

[www.dreamincolorandance.org](http://www.dreamincolorandance.org)

**Every Body Dance (EBD)**

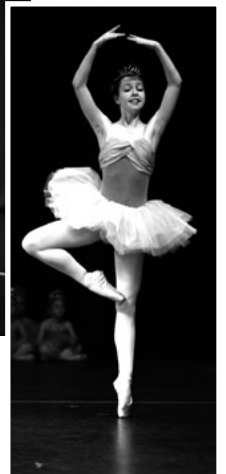
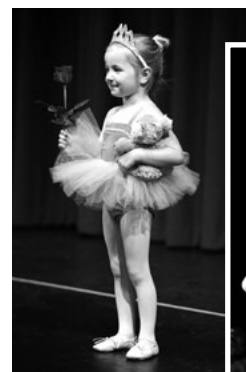
[www.everybodydanceva.com](http://www.everybodydanceva.com)

**Go Bananas Dancing, LLC**

[www.gobananasdancing.com](http://www.gobananasdancing.com)

**Athletes Global**

[www.athletesglobal.com](http://www.athletesglobal.com)



# Dance Classes



## Preschool Dance A

### 2-3 years

All Dancers Must Meet the class age requirement by September 30, 2017.

An introduction to dance, movement, and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination, and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Preschool A classes recommend ballet shoes.

**Mon: 1/22-4/30\* 9:30-10am**

210203-A R: \$131 / NR: \$151

**Tue: 1/23-5/1\* 9:30-10am**

210203-B R: \$138 / NR: \$158

**Tue: 1/23-5/1\* 10-10:30am**

210203-C R: \$138 / NR: \$158

**Instructor:** EBD-Montgomery

**Location:** Dance-Right

**Sat: 1/27-5/5\* 9:30-10am**

210203-D R: \$131 / NR: \$151

**Instructor:** EBD-Montgomery

**Location:** Art Room

\*No class dates 2/19, 3/24, 3/26, 3/27, 3/31

## Classical Ballet 3-6 years

This ballet class will expose your little ballerina to many of the classical ballet stories. Basic ballet concepts will be introduced to lay a positive technical foundation (ie: positions, plies, etc). Students will enjoy being exposed to real ballet stories to create a love for this classical art form! This class will perform in the end of session May recital and have the option to perform in the additional ADF Recital.

**Fri: 2/2-5/4\* 10:45-11:30am**

210224-A R: \$185 / NR: \$205

**Fri: 2/2-5/4\* 1-1:45pm**

210224-B R: \$185 / NR: \$205

\*No class dates 3/30, 4/13

**Instructor:** Adrenaline Dance Force Staff

**Location:** Dance-Left

## Preschool Dance B 3-4 years

All Dancers Must Meet the class age requirement by September 30, 2017.

An introduction to dance, movement, and expression for 3 to 4 year olds. In Preschool B classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Mon: 1/22-4/30\* 10-10:45am**

210213-A R: \$177 / NR: \$197

**Tue: 1/23-5/1\* 10:30-11:15am**

210213-B R: \$187 / NR: \$207

**Thu: 1/25-5/3\* 9:30-10:15am**

210213-C R: \$187 / NR: \$207

**Instructor:** EBD-Montgomery

**Location:** Dance-Right

**Sat: 1/27-5/5\* 11:15am-12pm**

210213-D R: \$177 / NR: \$197

**Instructor:** EBD-Montgomery

**Location:** Art Room

\*No class dates 2/19, 3/24, 3/26, 3/27, 3/29, 3/31

**Sat: 1/27-5/5\* 9:30-10:15am**

210213-E R: \$196 / NR: \$216

**Sat: 1/28-5/6\* 10:15-11am**

210213-F R: \$196 / NR: \$216

**Instructor:** Dream in Color

**Location:** Dance-Right

\*No class dates 3/24, 3/31



## All that Ballet, Jazz & Movement 3.5-5 years

All Dancers Must Meet the class age requirement by September 30, 2017.

This high-energy class is perfect for the young dancer who wants to try various dance styles. Children will learn basic Ballet technique and Creative Movement exercises in a playful environment. Also, they will enjoy Jazz steps to contemporary age-appropriate music, including a choreographed routine to be performed in the Recital! Ballet shoes recommended.

**Wed: 1/24-5/2\* 1-1:45pm**

220201-A R: \$232 / NR: \$252

\*No class dates 2/7, 3/28, 4/25

**Instructor:** Go Bananas Dancing

**Location:** Dance-Left

## Preschool Dance C

### 4-5 years

All Dancers Must Meet the class age requirement by September 30, 2017.

An introduction to dance, movement, and expression for 4 to 5 year olds. In Preschool C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Ballet shoes, and tap shoes, or "noisy" shoes are recommended.

**Mon: 1/22-4/30\* 10:45-11:30am**

210214-A R: \$177 / NR: \$197

**Thu: 1/25-5/3\* 10:15-11am**

210214-B R: \$187 / NR: \$207

**Thu: 1/25-5/3\* 4:45-5:30pm**

210214-C R: \$187 / NR: \$207

**Instructor:** EBD-Montgomery

**Location:** Dance-Right

**Sat: 1/27-5/5\* 12-12:45pm**

210214-D R: \$177 / NR: \$197

**Instructor:** EBD-Montgomery

**Location:** Art Room

\*No class dates 2/19, 3/24, 3/26, 3/29, 3/31

**Sat: 1/27-5/5\* 11-11:45am**

210214-E R: \$201 / NR: \$221

**Instructor:** Dream in Color

**Location:** Dance-Right

\*No class dates 3/24, 3/31

## Dance for Musical Theatre 1 5-6 years

All Dancers Must Meet the class age requirement by September 30, 2017.

This unique class will bring together dance and theatre in a celebration of the magic of musical theatre. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical, as well as building stage presence. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

**Mon: 1/22-4/30\* 5:15-6pm**

220260-A R: \$182 / NR: \$202

\*No class dates 2/19, 3/26

**Instructor:** EBD-Weinhardt

**Location:** Dance-Left

# Dance Classes

## Elementary Ballet

### 5-7 years

All Dancers Must Meet the class age requirement by September 30, 2017.

Do you have an aspiring ballet dancer at home? This class is for children who are ready to learn simple ballet combinations. Basic technique will be presented in a fun and encouraging environment, allowing young dancers to express themselves as they explore graceful movement.

**Wed: 1/24-5/2 2-2:45pm**

220202-A R: \$232 / NR: \$252

**Instructor:** Go Bananas Dancing

**Location:** Dance-Left

## Jazz/ Hip Hop 1 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2017.

High-energy dance class with a hip-hop flair and music that gets kids dancing.

This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

**Wed: 1/24-5/2\* 4:15-5pm**

220248-A R: \$192 / NR: \$212

**Wed: 1/24-5/2\* 6:15-7pm**

220248-B R: \$192 / NR: \$212

\*No class dates 3/28

**Instructor:** EBD- Samuel

**Location:** Dance-Right

## Ballet I 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2017.

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 classes are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

**Mon: 1/22-4/30\* 4:45-5:30pm**

220219-A R: \$182 / NR: \$202

**Instructor:** EBD- Miller

**Location:** Dance-Right

\*No class dates 2/19, 3/26

**Sat: 1/27-5/5\* 12-1pm**

220219-B R: \$201 / NR: \$221

**Instructor:** Dream in Color

**Location:** Dance-Right

\*No class dates 3/24, 3/31



## Ballet/Tap/Jazz I 5-8 years

All Dancers Must Meet the class age requirement by September 30, 2017.

This class will bring together ballet, tap, and jazz. Basic ballet principles, jazz technique, and the joyful rhythms of tap will expose your child to all the wonders of dance while improving strength, flexibility and musicality. Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

**Mon: 1/22-4/30\* 5:30-6:30pm**

220254-A R: \$242 / NR: \$262

**Thu: 1/26-5/4\* 6:30-7:30pm**

220254-B R: \$256 / NR: \$276

**Sat: 1/27-5/5\* 10-11am**

220254-C R: \$242 / NR: \$262

\*No class dates 2/19, 3/24, 3/26, 3/29, 3/31

**Instructor:** EBD- Montgomery

**Location:** Dance-Right

## Adrenaline Hip Hop

### 5-13 years

Our ADF hip hop classes offer the ability to improve hip hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music! This class will perform in the end of session May recital as well as have the option to perform in the additional ADF Recital.

**Ages 5-9**

**Wed: 1/24-5/2\* 5-6pm**

220233-A R: \$255 / NR: \$275

**Ages 8-13**

**Thu: 1/25-5/3\* 5:15-6:15pm**

220233-B R: \$255 / NR: \$275

\*No class dates 3/28, 3/29

**Instructor:** Adrenaline Dance Force Staff

**Location:** Dance-Left

## Athletes Global Cheer & Hip Hop 7-12 years

Students are taught the fundamentals of motions, transitions, chants, cheers, popping, locking drills, house dance, braking moves, social hop, body isolations, bounce, rhythm and dance routines. Students will learn to be self-reliant and successful thus empowering them to be more self-confident. This a fun class for children that enjoy Hip Hop. Recital 5/12/17 at 9:30am. No class 5/12, recital only.

**Sat: 1/27-5/19\* 10:30-11:30am**

220281-A R: \$225 / NR: \$245

\*No class dates 3/24, 3/31

**Instructor:** Athletes Global

**Location:** Senior Center-Right

## Ballet 2/3 9-14 years

All Dancers Must Meet the class age requirement by September 30, 2017.

This ballet class for older students provides outstanding technical instruction in a positive and encouraging environment. The primary goals of this class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

**Wed: 1/24-5/2\* 7-8pm**

220222-A R: \$246 / NR: \$266

\*No class dates 3/28

**Instructor:** Montgomery EBD-

**Location:** Dance-Right

## Jazz/ Hip Hop 2/3

### 8-14 years

All Dancers Must Meet the class age requirement by September 30, 2017.

High-energy dance class with a hip-hop flair and music that gets kids dancing.

This class teaches age-appropriate technique and fun moves that will light up the dance floor. Jazz shoes and dancewear or other form-fitting clothing required.

**Wed: 1/24-5/2\* 5-5:45pm**

220249-A R: \$246 / NR: \$266

\*No class dates 3/28

**Instructor:** EBD- Samuel

**Location:** Dance-Right



# Dance Classes

## Teen Musical Theatre

### 12-18 years

All Dancers Must Meet the class age requirement by September 30, 2017.

Lured by the neon lights of Broadway? This unique class brings together dance and theater in a celebration of the magic of musical theater. We'll focus on the dance techniques used to bring musicals to life, including basic jazz, modern and lyrical dance steps, as well as building stage presence. With an emphasis on the use of expression and drama through movement, this upbeat class is sure to be a real hit!

**Wed: 1/24-5/2\* 8-9pm**

240208-A R: \$246 / NR: \$266

\*No class dates 3/28

**Instructor:** EBD- Samuel

**Location:** Dance-Right

## Junior Ballet 8 & up

All Dancers Must Meet the class age requirement by September 30, 2017.

Instructor placement required. Email everybodydance07@gmail.com

Junior level is for students 8 and older with previous ballet training who are developmentally ready to pursue a more rigorous ballet program. Instruction will include ballet terminology, technique and placement as well as strengthening and learning movement combinations. With each level becoming progressively more challenging, upper level junior classes are designed to encourage young dancers to develop technically as well as artistically.

### Junior Ballet 1

**Tue: 1/23-5/1\* 4:30-5:30pm**

220256-A R: \$246 / NR: \$266

### Junior Ballet 2

**Tue: 1/23-5/1\* 4:30-5:30pm**

220256-B R: \$246 / NR: \$266

### Junior Ballet 3/4

**Tue: 1/23-5/1\* 5:30-6:30pm**

220256-C R: \$246 / NR: \$266

\*No class dates 3/27

**Instructor:** EBD- Miller

**Location:** Dance-Right



## Contemporary 13 & up

All dancers must meet age requirement as of September 30, 2017.

Contemporary is a genre of dance created to implement ballet, modern and jazz techniques into one particular style. Dancers will have a strong focus in these technique areas and will become self-aware as to how their bodies move through space.

**Thu: 1/25-5/3\* 6:30-7:30pm**

220253-A R: \$246 / NR: \$266

\*No class dates 3/29

**Instructor:** EBD-Foster

**Location:** Dance-Right

## Night Club & Ballroom Dance 16 & up

Learn the basics for some of the most common Night Club and Social Ballroom Dances so that you can dance to all the great songs of today and yesteryear. Learn how to lead and follow along with how to move on the dance floor in night clubs and ballrooms with grace and ease. When you learn how to Waltz, Cha Cha, Swing, Salsa, and Slow Dance, along with other dances, you will learn how to glide across the dance floor while having fun with that special person in your life. Couples only, each person must register. 7 weeks.

**Mon: 1/22-3/12\* 7:30-8:45pm**

250216-A R: \$90 / NR: \$110

**Mon: 4/2-5/14 7:30-8:45pm**

250216-B R: \$90 / NR: \$110

\*No class dates 2/19

**Instructor:** Tom Woll & Associates/De Eddleman

**Location:** Art Room

## Senior Ballet & Pointe All

All Dancers Must Meet the class age requirement by September 30, 2017.

Instructor placement required. Email everybodydance07@gmail.com for placement.

Senior level, formerly Advanced Ballet and Pre-pointe/Pointe, is a high level class for students with extensive ballet training, appropriate muscular development, endurance, and the maturity needed for an extremely rigorous ballet program.

Attendance at both classes weekly is expected for students desiring to train for pre-pointe. At the Senior II level, students are working toward preparedness for pointe training. Students will be enrolled initially as pre-pointe students for a specified evaluation period to determine readiness for pointe. Program instructors typically evaluate students at the start of each semester and will provide pointe instruction only for students who they deem to be physically ready for the challenges of pointe work. Regular attendance at classes is essential at this level to maintain strength.

### Senior Ballet

**Mon: 1/22-4/30\* 6:45-8pm**

220228-A R: \$312 / NR: \$332

### Pre-Pointe/Pointe

**Mon: 1/22-4/30\* 8-8:30pm**

220228-B R: \$105 / NR: \$125

### Senior Ballet

**Thu: 1/25-5/3\* 7:30-8:45pm**

220228-C R: \$330 / NR: \$350

### Senior Ballet

**Sat: 1/27-5/5\* 10-11:30am**

220228-D R: \$365 / NR: \$385

### Pointe

**Sat: 1/27-5/5\* 11:30am-12pm**

220228-E R: \$105 / NR: \$125

\*No class dates 2/19, 3/24, 3/26, 3/29, 3/31

**Instructor:** EBD- Maloney

**Location:** Dance-Right

## Beginning Karate 7 & up

Curious about the martial arts for your child? We teach basic blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include some self-defense techniques. Our goal is to have fun learning martial arts. We do not have beginning students fighting each other as part of the class. We accept students with some prior experience and students who have earned belts in other programs are welcome to wear them.

No equipment or uniforms are necessary but may be worn. Advancement is based on skill, not age. Parents and friends are welcome to watch our classes.

More information is available at

**www.StratfordKarate.org.**

**Mon: 1/22-5/14\* 7-8pm**

250502-A R: \$120 / NR: \$140

**Sat: 1/27-5/19\* 8:30-9:30am**

250502-B R: \$120 / NR: \$140

\*No class dates 2/19, 3/24, 3/26, 3/31

**Instructor:** Dave Hacker and Bill Kennedy

**Location:** Dance-Left

## Intermediate Karate

### 7 & up

We teach introductory through advanced martial arts classes for beginning adults and experienced youngsters. Students who have earned belts in other programs are welcome to wear their uniforms and earned belts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include self-defense techniques. For advanced students, sparring (supervised and controlled fighting) is part of the class. Our goal is to have fun learning martial arts. Advancement is based on skill, not age. While uniforms are not required for beginning students, they are recommended for continuing students. Protective equipment is necessary for sparring. Parents and friends are welcome to watch our classes. More information is available at **www.StratfordKarate.org.**

**Mon: 1/22-5/14\* 8:15-9:15pm**

250507-A R: \$120 / NR: \$140

**Thu: 1/25-5/10\* 7-8pm**

250507-B R: \$120 / NR: \$140

\*No class dates 2/19, 3/26, 3/29

**Instructor:** Bill Kennedy

**Location:** Dance-Left

## Advanced Karate 16 & up

If you have significant martial arts experience and are looking for a place to train, please join us. We are not training assassins. We have a relatively experienced group that practices advanced blocks, kicks, punches, self-defense techniques, katas, sparring, and weapons techniques. Sparring is an optional part of the class. Uniforms and hand & feet protection are required for sparring. We have more information online at

**www.StratfordKarate.org**

**Thu: 1/25-5/10\* 8:15-9:15pm**

250511-A R: \$120 / NR: \$140

\*No class dates 3/29

**Instructor:** Richard Hathaway

**Location:** Dance-Left

## Self Defense & Martial Arts Introduction 9 & up

Concerned for personal safety? Learn basic and practical actions you can take to improve your personal safety. This two-hour class will teach you how to perform several self-defense techniques and introduce traditional martial arts. Most techniques do not require great strength or power, just know how. We'll show you. Come comfortably dressed and prepared to practice some self-defense techniques with instructors. The classes will be taught by local martial arts instructors with over 30 years of experience teaching martial arts.

**Sat: 3/24 10am-12pm**

230503-A R: \$36 / NR: \$56

**Sat: 3/24 1-3pm**

230503-B R: \$36 / NR: \$56

**Instructor:** Stratford Karate Instructors

**Location:** Dance-Full



## Tai Chi & Qi Gong 16 & up

This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 50 years of study and 31 years of teaching experience.

**Tue: 1/23-5/29\* 6-7pm**

250512-A R: \$200 / NR: \$220

\*No class dates 3/27

**Instructor:** Grandmaster Jeff Cook

**Location:** Art Room

## Young Musketeers Fencing 5-7 years

Nova Fencing Club welcomes kids ages 5 to 7 to our Young Musketeer program, where they can learn to fence using foils. The classes teach and reinforce the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. Parents are encouraged to stay and observe during the class. All equipment is included. Classes held at Nova Fencing Club, 3431 Carlin Springs Rd., Suite E, Falls Church, VA 22041.

**Mon: 1/22-3/12 6-7pm**

220507-A R: \$120 / NR: \$140

**Wed: 1/24-3/14 6-7pm**

220507-B R: \$120 / NR: \$140

**Fri: 1/26-3/16 6-7pm**

220507-C R: \$120 / NR: \$140

**Mon: 3/19-5/7 6-7pm**

220507-D R: \$120 / NR: \$140

**Wed: 3/21-5/9 6-7pm**

220507-E R: \$120 / NR: \$140

**Fri: 3/23-5/11 6-7pm**

220507-F R: \$120 / NR: \$140

**Instructor:** Coach Greg K NOVA Fencing Club

**Location:** Nova Fencing Club

# Fencing & Tennis

## Introduction To Olympic Fencing Ages 8 & Up

Nova Fencing Club welcomes participants to our Introduction to Fencing program. The class teaches and reinforces the fundamentals of fencing such as footwork, handwork and the rules in a fun and exciting atmosphere. The fundamentals are reinforced with games and activities that emphasize critical thinking and quick decision-making as well as necessary physical attributes such as overall conditioning and quick reaction times. All equipment is included.

Classes held at Nova Fencing Club, 3431 Carlin Springs Rd., Suite E, Falls Church, VA 22041.

### Ages 8-13

<b>Mon: 1/22-3/12</b>	<b>6-7pm</b>
220508-A	R: \$120 / NR: \$140
<b>Wed: 1/24-3/14</b>	<b>6-7pm</b>
220508-B	R: \$120 / NR: \$140
<b>Fri: 1/26-3/16</b>	<b>6-7pm</b>
220508-C	R: \$120 / NR: \$140
<b>Mon: 3/19-5/7</b>	<b>6-7pm</b>
220508-D	R: \$120 / NR: \$140
<b>Wed: 3/21-5/9</b>	<b>6-7pm</b>
220508-E	R: \$120 / NR: \$140
<b>Fri: 3/23-5/11</b>	<b>6-7pm</b>
220508-F	R: \$120 / NR: \$140

### Ages 14 & Up

<b>Mon: 1/22-3/12</b>	<b>6-7pm</b>
220509-A	R: \$120 / NR: \$140
<b>Wed: 1/24-3/14</b>	<b>6-7pm</b>
220509-B	R: \$120 / NR: \$140
<b>Fri: 1/26-3/16</b>	<b>6-7pm</b>
220509-C	R: \$120 / NR: \$140
<b>Mon: 3/19-5/7</b>	<b>6-7pm</b>
220509-D	R: \$120 / NR: \$140
<b>Wed: 3/21-5/9</b>	<b>6-7pm</b>
220509-E	R: \$120 / NR: \$140
<b>Fri: 3/23-5/11</b>	<b>6-7pm</b>
220509-F	R: \$120 / NR: \$140
<b>Instructor:</b> Coach Greg K NOVA Fencing Club	
<b>Location:</b> Nova Fencing Club	



## City of Falls Church / FirstServe Tennis 2018 SPRING Tennis Program

### Tennis Everyone!

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities ages 4-adult! Gregg Deinhardt and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. Player-coach lesson ratios are 6:1 or better for juniors and 4:1 for adult intro classes, making our ratios among the best, if not the best, in Northern Virginia for both athletic and academic programs. Students should bring water to every session. Contact FirstServe Tennis for program, racket and equipment recommendations and if you need to borrow or purchase a racket. Private lessons are available upon request.

Email [lessons@tenniseveryone.net](mailto:lessons@tenniseveryone.net), call 703-868-8172 or visit [www.tenniseveryone.net](http://www.tenniseveryone.net) for more information.

## EARLY SPRING TENNIS

### Try it to Love it Tennis!

#### 4-6 years

An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. Ratio 4:1.

**Wed: 3/7-4/11\*** **3:30-4:15pm**  
220900-A R: \$110 / NR: \$130

\*No class dates 3/28

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Try it to Love it Tennis!

#### 7-14 years

Try it to love it! Learn fundamental strokes in this early spring mini-program and become a tennis player for life! Player-Coach ratio is 6:1.

**Ages 7-10**  
**Wed: 3/7-4/11\*** **4:30-5:30pm**  
220908-A R: \$110 / NR: \$130

**Ages 10-14**  
**Wed: 3/7-4/11\*** **5:30-6:30pm**  
220908-B R: \$110 / NR: \$130

\*No class dates 3/28

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Try it to Love it Tennis! Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. A tennis racket is required. Ratio 4:1

**Wed: 3/7-4/11\*** **7-8:15pm**  
250900-A R: \$150 / NR: \$170

\*No class dates 3/28

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Adult Tennis 2: Early Spring 18 & up

Start your outdoor season with thorough drilling to remove winter blahs! Ready your game so you can take your racquets on spring break! For advanced beginners and rising intermediates. Ratio 4:1.

**Wed: 3/7-4/11** **8:15-9:30pm**  
250905-A R: \$150 / NR: \$170

\*No class dates 3/28

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Tennis 3: Early Spring Drill! 18 & up

Start your outdoor season with thorough drilling to remove winter blahs! Ready your game so you can take your racquets with you on spring break! For intermediate players.

**Wed: 3/7-4/11\*** **10:45am-12:15pm**  
250907-A R: \$150 / NR: \$170

\*No class dates 3/28

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park



## SPRING TENNIS

### Little Shots Tennis

#### 4-6 years

An introduction through fun games and activities designed to build hand-eye coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

**Wed: 4/18-6/13 3:30-4:15pm**  
220901-B R: \$198 / NR: \$218

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Tennis 1&2 Rally, Serve, Score 6-14 years

Players learn and review the fundamental strokes: Forehand, backhand, volleys, and serve with emphasis on developing rallying skills. Player-Coach ratio is 6:1.

#### Ages 6-8

**Wed: 4/18-6/13 4:30-5:30pm**  
220909-C R: \$198 / NR: \$218

#### Ages 8-10

**Wed: 4/18-6/13 5:30-6:30pm**  
220909-D R: \$198 / NR: \$218

#### Ages 10-14

**Wed: 4/18-6/13 6:30-7:30pm**  
220909-E R: \$198 / NR: \$218

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Tennis I Adult Beginner

#### 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. A tennis racket is required. Ratio 4:1.

**Tue: 4/17-6/12 9:30-10:45am**  
250901-A R: \$270 / NR: \$290

**Wed: 4/18-6/13 7:30-8:45pm**  
250901-B R: \$270 / NR: \$290

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park



### Tennis 2 Adult Drill, Rally & Play 18 & up

Players with limited on-court experience refine stroke production and learn how to play competitive points! Players drill strokes, develop rallying skills, and engage in point play. For players who have completed Tennis 1 or with coach's recommendation. A tennis racket is required. Ratio 4:1.

**Wed: 4/18-6/13 8:45-10pm**  
250906-A R: \$270 / NR: \$290

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Adult Tennis 3: Intermediate Drill

#### 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play for intermediate players. A tennis racket is required. Ratio is 8:1.

**Wed: 4/18-6/13 9:15-10:45am**  
250909-A R: \$270 / NR: \$290

**Wed: 4/18-6/13 10:45am-12:15pm**  
250909-B R: \$270 / NR: \$290

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park

### Cardio Tennis 18 & up

High-paced drilling improves your tennis fitness and your stroke production! Ratio 6:1.

**Tue: 4/17-6/12 10:45am-12pm**  
250910-A R: \$248 / NR: \$268

**Instructor:** FirstServe Tennis

**Location:** Cavalier Trail Park



## PICKLEBALL

### Intro to Pickleball

#### 18 & up

Get started the right way by learning the fundamentals of this fun, mini-tennis like game. The course covers court etiquette and safety guidelines, how to warm-up properly and the basic Pickleball strokes including dinks, volleys and the serve. Pickleball paddles and balls are provided. Please wear tennis shoes.

**Mon: 2/12-3/19\* 10-10:55am**  
260409-A R: \$75 / NR: \$95

**Mon: 4/2-5/7\* 10-10:55am**  
260409-B R: \$75 / NR: \$95

\*No class dates 2/19, 4/23

**Instructor:** Helen White

**Location:** 1/2 Gym Back Door

### Pickleball Fundamentals

#### 18 & up

Build on your skills to take your game and your enjoyment of playing pickleball to the next level by learning how to improve all your strokes. Prior playing experience required. Please wear tennis or court shoes.

**Mon: 2/12-3/19\* 11-11:55am**  
260410-A R: \$75 / NR: \$95

\*No class dates 2/19

**Instructor:** Helen White

**Location:** 1/2 Gym Back Door

### Pickleball Doubles Strategy 18 & up

Improve your doubles game by learning important strategies such as being in the correct position, ball placement, hitting the third shot and following your shot to the non-volley line. Prior playing experience required. Please wear tennis or court shoes.

**Mon: 4/2-5/7\* 11-11:55am**  
260415-A R: \$75 / NR: \$95

\*No class dates 4/23

**Instructor:** Helen White

**Location:** 1/2 Gym Back Door

# Yoga & Fitness

## Stress Burner Yoga 2018 13 & up

Imagine moving through your day with a new sense of resilience, confidence and calm. Stress Burner Yoga techniques can help you lower your stress "set-point" and cultivate flexibility on the mat and in life. In this different kind of yoga class we'll focus on ways to cultivate a daily practice of mindfulness, calm, gratitude and joy in a fun, supportive atmosphere. You have the perfect body for this class which is also a good complement to any yoga class you are already taking. Plus you will learn Emotional Freedom Technique/ Tapping, Energy Medicine and Quantum Powers tools to manage stress and energy even more efficiently. Best rate is for all 17 classes in session A below, then 14 and 11.

### SBY - 17 classes

**Wed: 1/24-5/30\*** 7:30-8:30pm  
240402-A R: \$340 / NR: \$360

### SBY - 14 classes

**Wed: 1/24-5/30\*** 7:30-8:30pm  
240402-B R: \$294 / NR: \$314

### SBY - 11 classes

**Wed: 1/24-5/30\*** 7:30-8:30pm  
240402-C R: \$242 / NR: \$262

\*No class dates 2/14, 3/28

**Instructor:** Stress Burner Yoga Team

**Location:** Community Room

## Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

### Register Today for December Session

**Tue: 12/19-1/9** 8-8:55pm  
250414-A R: \$48 / NR: \$68

**Mon: 1/22-5/14\*** 12:15-1:15pm  
250414-B R: \$180 / NR: \$200

**Tue: 1/23-5/15\*** 8-8:55pm  
250414-C R: \$192 / NR: \$212

\*No class dates 2/19, 3/26, 3/27

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room



## Gentle Yoga

### 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

**Thu: 1/25-5/17\*** 9:35-10:30am  
250415-A R: \$192 / NR: \$212

\*No class dates 3/29

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room

## FITNESS

## Pilates with Props

### 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Instructor will provide suggestions to source a burst-resistant, 55-cm ball or bring your own.)

### Register Today for December Session

**Tue: 12/19-1/9** 7-7:55pm  
250410-A R: \$48 / NR: \$68

Register Today!

**Tue: 1/23-5/15\*** 7-7:55pm  
250410-B R: \$192 / NR: \$212

\*No class dates 3/27

**Instructor:** BodyMoves Fitness, LLC

**Location:** Community Room

## WERQ 13 & up

WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective. Drop-ins permitted at \$15/class. To drop in, check in with the front desk and pay prior to each class. Check in Point of Sale code: .0405

**Mon: 1/22-5/21\*** 6-7pm

250450-A R: \$140 / NR: \$160

\*No class dates 2/19, 3/26, 4/23, 4/30

**Instructor:** Sarah Barry

**Location:** Art Room

## \*Step Aerobics 14 & up

Class consists of sets of choreographed movements performed on a raised platform. Sessions will provide both cardiovascular and muscular endurance. Incorporating both upper and lower movements together will improve your coordination and agility. Step aerobics is a terrific cross-training activity for runners, cyclists and walkers.

**Mon: 1/8-3/19\*** 6:30-7:30pm

250404-A R: \$58 / NR: \$78

**Wed: 1/10-3/21** 6:30-7:30pm

250404-B R: \$71 / NR: \$91

**Mon: 4/2-5/21** 6:30-7:30pm

250404-C R: \$52 / NR: \$72

**Wed: 4/4-5/30** 6:30-7:30pm

250404-D R: \$58 / NR: \$78

\*No class dates 1/15, 2/19

**Instructor:** Eileen Cutrona

**Location:** Mondays: Teen Center, Wednesdays: Senior Center-Right

Free  
Trial Class  
Jan. 3  
6:30pm

## Class Cards!\*

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you attend any Step Aerobics, Weekend Workout, Core Body Strength/ Training, or Kickboxing Power. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

**Fees:** R: \$90 / NR: \$110

## \*Kickboxing 14 & up

Free  
Trial Class  
Jan. 4  
7:30pm

Class will incorporate warm-up, upper and lower body kickboxing techniques and routines and cool down stretching. Moves designed to target all major muscle groups for strength and cardio workout. Participants can work at their fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor.

**Tue: 1/9-3/20\*** 7:30-8:30pm  
250417-A R: \$71 / NR: \$91  
**Thu: 1/11-3/22\*** 7:30-8:30pm  
250417-B R: \$71 / NR: \$91  
**Tue: 4/3-5/29** 7:30-8:30pm  
250417-C R: \$58 / NR: \$78  
**Thu: 4/5-5/31** 7:30-8:30pm  
250417-D R: \$58 / NR: \$78

**Instructor:** Pam Doran

**Location:** Senior Center-Full

## \*Total Body: Strength, Conditioning, Endurance

14 & up

Free  
Trial Class  
Jan. 4  
6:30pm

New year, new you! Class will include resistance, power and cardio exercises using a variety of weights and equipment to develop strength, overall conditioning and endurance. All moves can be adapted to your individual fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor.

**Tue/Thu: 1/9-3/22\*** 6:30-7:30pm  
250444-A R: \$143 / NR: \$163  
**Tue/Thu: 4/3-5/31\*** 6:30-7:30pm  
250444-B R: \$117 / NR: \$137

**Instructor:** Pam Doran

**Location:** Senior Center-Full

## \*Weekend Workout Mashup 14 & up

Start your weekend with an energizing workout that revs up your metabolism and increases your energy levels. Class will incorporate strength and cardiovascular exercises utilizing a new format and equipment each week. All exercises can be adapted to your fitness level.

**Sat: 1/13-3/24** 8:30-9:30am  
250449-A R: \$71 / NR: \$91  
**Sat: 4/7-6/2** 8:30-9:30am  
250449-B R: \$58 / NR: \$78

**Instructor:** Pam Doran / Eileen Cutrona

**Location:** Senior Center-Full

Winter/Spring 2018



## NLT- Never Too Late Fitness 55 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program' instructed by a Certified Personal Trainer – Senior Fitness Specialist/Corrective exercise specialist/ Performance Enhancement Specialist/ MMA Conditioning Specialist/ Fitness Nutrition Specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, stability, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. And greatly reducing the risk of falling. All while meeting new people, making new friends, and having a great time! All students are to bring an exercise mat and light (2-8 lb. dumbbells).

**Tue/Thu: 1/23-3/22\*** 9-10am  
260403-A R: \$306 / NR: \$326  
**Tue: 1/23-3/20** 9-10am  
260403-B R: \$153 / NR: \$173  
**Thu: 1/25-3/22\*** 9-10am  
260403-C R: \$153 / NR: \$173  
**Tue/Thu: 1/23-3/20\*** 10-11am  
260403-D R: \$306 / NR: \$326  
**Tue: 1/23-3/20** 10-11am  
260403-E R: \$153 / NR: \$173  
**Thu: 1/25-3/22** 10-11am  
260403-F R: \$153 / NR: \$173  
**Tue/Thu: 4/3-5/31\*** 9-10am  
260403-G R: \$306 / NR: \$326  
**Tue: 4/3-5/29** 9-10am  
260403-H R: \$153 / NR: \$173  
**Thu: 4/5-5/31\*** 9-10am  
260403-I R: \$153 / NR: \$173

**Tue/Thu: 4/3-5/31\*** 10-11am  
260403-J R: \$306 / NR: \$326  
**Tue: 4/3-5/29** 10-11am  
260403-K R: \$153 / NR: \$173  
**Thu: 4/5-5/31\*** 10-11am  
260403-L R: \$153 / NR: \$173

**Instructor:** Capitol Fitness

**Location:** 1/2 Gym Back Door

## ESSENTRICS Aging Backwards/ Age Reversing Classical Stretch 18 & up

Age reversing workout increases joint movement, flexibility, strength, relieves pain, increases energy. Full body workout based on tai chi's flowing movements for balanced health; ballet's theories for long, lean muscles, and healing powers of physiotherapy. By author of Aging Backwards and PBS show/book titled Forever Painless. BRING A MAT. For info [www.essentrics.com](http://www.essentrics.com)

**Sun: 1/28-3/18\*** 3-4pm  
240449-A R: \$70 / NR: \$90  
**Sun: 4/8-5/20\*** 3-4pm  
240449-C R: \$60 / NR: \$80  
**Location:** Community Room  
**Tue: 1/23-3/20\*** 1-2pm  
240449-B R: \$80 / NR: \$100  
**Tue: 4/10-5/22\*** 1-2pm  
240449-D R: \$60 / NR: \$80

**Location:** Dance Studio

\*No class dates 2/13, 2/18, 4/15, 4/17

**Instructor:** Essentrics NOVA, Charlotte





## Welcome to C.R.U.S.H

The C.R.U.S.H Teen Center is open exclusively for teens Monday through Friday, from 3p.m. until 6 p.m. LaShawn Timmons, the Teen Coordinator, supervises the center, teen activities, and teen trips. Contact LaShawn at 703-248-5307 (TTY 711) for more information or visit [www.fallschurchva.gov/teens](http://www.fallschurchva.gov/teens)

Come to C.R.U.S.H after school to socialize with friends, shoot hoops, or dance using our new X-Box Kinect.

## Midnight Madness

Hang with friends and play dodge-ball, compete in eating contests, karaoke, or join a Wii bowling tournament at our monthly Friday night party for middle school students only! Pizza and sodas are available for sale. Participants must be signed in and out by a parent or guardian.

**Fee:** \$5 **Grades:** 5-8

**Time:** 7pm-12am

**Dates:** January 26, February 9, March 9, April 20, May 4.

Visit [www.fallschurchva.gov/teens](http://www.fallschurchva.gov/teens) for more information.

## TEEN TRIPS

### Snow Tubing

#### 11-14 years

Travel with us to Liberty Mountain's Boulder Ridge Snow Tubing area! This area features up to 15 smooth lanes for tubing along with a moving carpet to take you to the top! Registration includes two-hour session, tube and lift. Please bring additional money for food or hot chocolate! All attendees should be dressed properly with well insulated shoes! A waiver is required and will be distributed to all who are registered. This trip is dependent on snow conditions.

**Sun: 1/14** **9am-5pm**  
241411-A \$65

### Ice Skating 10-14 years

Whether you are a novice or an expert, come show off your skills at Tysons Corner Mall Outdoor Ice Rink. Please bring \$16 the day of activity. Dress warm

**Fri: 1/26** **5-9pm**  
241409-D \$3

## Ski/Snowboard Trip

#### 10-17 years

Spend your day on the slopes! Whitetail Ski Resort features lots of trails. Bring additional money for food and hot chocolate! Helmets are not included. If you would like to rent a helmet, please bring an additional \$12.

#### Flex Lift Ticket

**Mon: 2/5** **10am-9pm**  
241400-A \$85

#### Learn Ski/Snowboard

**Mon: 2/5** **10am-9pm**  
241400-B \$115

#### All Mountain Package

**Mon: 2/5** **10am-9pm**  
241400-C \$140

#### Flex Lift Ticket

**Mon: 2/5** **10am-9pm**  
241400-D \$85

#### Learn to Ski

**Mon: 2/5** **10am-9pm**  
241400-E \$115

#### All Mountain Package

**Mon: 2/5** **10am-9pm**  
241400-F \$140



## Flight Trampoline Park

#### 11-14 years

Flight Trampoline Park is a cutting-edge trampoline park located in Springfield, VA. Participants will have two hours of jump time! Please bring money for optional arcade games and food. Additional waivers are required and will be distributed prior to the trip.

**Fri: 3/16** **4-9pm**  
241418-A \$35

## Shadow Land 10-14 years

Travel with us to Shadow Land where laser adventures, arcades, karaoke and snacks are only a short drive away. Please bring \$15 for two adventures and additional money for other games and snacks.

**Fri: 4/27** **5-9pm**  
241490-A \$3

## Mountain Biking 8-13 years

Northern Virginia has some of the best urban mountain biking trails around! Join the staff of Virginia Outside for daily instruction, trail rides, and lots of fun. Campers will develop beginner and intermediate mountain biking skills including: steering, shifting, hill climbing and descending, log hopping, dodging obstacles, etiquette, maintenance, safety and more. Campers ride in the morning, have a midday activity with time to cool down then get back on the bikes in the afternoon. Bikes and helmets provided by Virginia Outside, but campers are welcome to bring their own. Campers should know how to ride a bike before attending this camp. <http://virginiaoutside.com>. Contact Tee Clarkson with questions [tsclarkson@virginiaoutside.com](mailto:tsclarkson@virginiaoutside.com) or 804-272-6362.

**Sat: 5/12** **8:30am-4:30pm**  
241422-A \$100 / NR: \$100

## PeeWee Soccer Clinic

### 2-5 years

Our PeeWee Soccer Clinic is a program designed to develop your young players love and interest in soccer by providing FUN-damental skills and techniques needed. A seven session course open to boys and girls ages 2-5. We offer both Saturday and Wednesday options. Participants must meet the age requirement by 9/1/2017. The PeeWee clinic serves as an excellent developmental stage to prepare the young soccer player for team play as they enter kindergarten.

#### Ages 2-3

**Wed: 4/4-5/16**

**10-10:45am**

611104-A

R: \$100 / NR: \$120

**Wed: 4/4-5/16**

**3-3:45pm**

611104-C

R: \$100 / NR: \$120

**Sat: 4/7-5/19**

**9-9:45am**

611104-E

R: \$100 / NR: \$120

#### Ages 4-5

**Wed: 4/4-5/16**

**11-11:45am**

611104-B

R: \$100 / NR: \$120

**Wed: 4/4-5/16**

**4-4:45pm**

611104-D

R: \$100 / NR: \$120

**Sat: 4/7-5/19**

**10-10:45am**

611104-F

R: \$100 / NR: \$120

**Sat: 4/7-5/19**

**11-11:45am**

611104-G

R: \$100 / NR: \$120

**Location:** Larry Graves Field

## Falls Church Youth Lacrosse Club

### Ages 7-15

Come play the fastest sport on two feet and become a part of the fastest growing sport in Northern Virginia. Beginners to advanced, all individuals are welcome. Our teams play in the Northern Virginia Youth Lacrosse League against teams throughout Northern Virginia. Practices begin in mid-March concluding with playoffs in early June. Practice on local fields twice a week with a weekend game. Register online at [www.fclaxclub.com](http://www.fclaxclub.com). Volunteer coaches needed.



## Spring Soccer (Grades Kindergarten-8th Grade)

Teams will be formed by grade and will participate in either Falls Church or the Arlington Soccer Association. Practices and games will be held at nearby fields; times vary by team. Practices will start the first week of April and games will go through the first week of June. Volunteer coaches are needed! Call **703-248-5077** for more information on registration, fees and league rule information.

**Early Bird Registration: Jan 29th-Feb 11th**

### Kindergarten-2nd Grade

Resident: \$85 Non-Resident: \$105

### 3rd Grade & Above

Resident: \$105 Non-Resident: \$125

**Regular Registration: Feb 12th-Feb 25th**

### Kindergarten/2nd Grade

Resident: \$100 Non-Resident: \$120

### 3rd Grade & Above

Resident: \$120 Non-Resident: \$140

## Spring Youth Volleyball Grades 5-8

Falls Church has partnered with the McLean Youth Volleyball program to offer females an opportunity to play spring volleyball. All levels are welcome. Practice schedule is determined once teams are formed. Practices are held in Falls Church gymnasiums. Games are played on Saturdays at gymnasiums in the McLean-area. League runs March – June.

### 5th Grade

651115-A R: \$145 / NR: \$165

### 6th Grade

651115-B R: \$145 / NR: \$165

### 7th Grade

651115-C R: \$145 / NR: \$165

### 8th Grade

651115-D R: \$145 / NR: \$165

*Now Celebrating Our 70th Year!*

## Falls Church Kiwanis Little League Baseball

**Ages 4-12**



## PLAY BALL!

Registration for the Falls Church Kiwanis Little League's Spring baseball season is now open. Boys and girls born between May 1st, 2005 and August 31st, 2014 are eligible. See [www.fckll.org](http://www.fckll.org) for details.

The levels are:

**Baseball Majors** – Ages 10-12

**Baseball AAA** – Ages 8-11

**Baseball AA** – Ages 7-10

**Baseball Single A** – Ages 6-9

**Tee-Ball** – Ages 4-6

Early bird discounts for registrations received by December 31.

Tryouts (required for League Ages 8-12, optional for League Age 7) will be held in February.

Please visit our website for more information and to register.

[www.fckll.org](http://www.fckll.org)

# Adult Sports

## Spring/Summer Co-ed Softball

**Registration:** April 2nd-May 6th  
(Teams Only)

Slow Pitch play begins in late May and goes through July. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.  
**Fees:** \$600

## Spring Co-ed Volleyball

**Registration:** February 26th-March 11th  
(Teams Only)

League play begins in late March. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.  
**Fees:** \$300

## Spring Women's Volleyball

**Registration:** February 26th-March 11th  
(Teams Only)

League play begins in late March. Various levels of competition are offered. Call **703-248-5077** for registration form, fees, and league rule information.  
**Fees:** \$240

## Women's Summer Basketball League

**Registration:** January 29th-February 25th (Teams Only)

Various levels of competition are offered and play begins late March. Team members must be 18 years of age or older. For more information call **703-248-5077**.  
**Fees:** \$600 per team (8 game schedule)

## Men's Summer Basketball League

**Registration:** March 26th-April 8th  
(Teams Only)

Various levels of competition are offered and play begins in early May. Team members must be 18 years of age or older. For more information call **703-248-5077**.  
**Fees:** \$800 per team





# Falls Church Clubs

## COME JOIN A FALLS CHURCH CLUB!

### The City of Falls Church Concert Band

The City of Falls Church Concert Band  
The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at [www.fallschurchconcertband.org](http://www.fallschurchconcertband.org)

### Language Clubs

#### German Conversation

Tuesdays at 10am

#### Spanish Conversation

Wednesdays at 10:45am

#### Italian Conversation

Wednesdays at 1:30pm

#### French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.

### Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.

### Garden Club

The Falls Church Garden Club is a city sponsored local horticultural organization open to anyone. Annual membership is \$15. The Club meets the first Monday of the month, with the exception of January, July and August. Meetings are held in the American Legion Post Building on Oak Street at 7:30 pm., and feature garden specialists who share their knowledge on various gardening topics. Come meet and make new friends, enjoy the best cookies in town and you may win a prize! Additional activities include club trips, visits to private/public gardens, plant exchanges and a **SPRING Plant Sale**. Proceeds benefit all aspects of horticulture in Falls Church City. A monthly newsletter is also published with news of club activities and special events. More information? Be sure to check our website [www.fallschurchgardenclub.org](http://www.fallschurchgardenclub.org).

### Bridge Club

**Social Bridge** – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

**Contract Bridge** - Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player.

Please call the Senior Center at **703-248-5020** for more information.

### LUNCH BUNCH

This group meets on the second Monday of every month at 12:00 noon.

**Monday, January 8:** Ruby Tuesday  
**Monday, February 12:** Texas Roadhouse  
**Monday, April 9:** Olive Garden  
**Monday, May 14:** Red Lobster

### WE NEED YOU!

Come play with us - backgammon, canasta, chess, cribbage, mahjong, Mexican train dominoes, rummikub and scrabble

### Military History Forum 2017 Program Schedule

**Time:** 10am-Noon

**Location:** Community Room

**Jan. 5** Jon Wiant: Scandinavia at War: Resistance and Collaboration

**Jan. 19** Steve Suddaby: Air Power in the Great War

**Feb. 2** Patrick McGinty: U.S.S. Kitty Hawk: 1972 Racial Disturbance

**Feb. 16** Randall Gressang: George Washington - Spymaster

**Mar. 2** Ward Nickisch: Fallen, But Not Forgotten: Search and Recovery of POWs/MIAs

**Mar. 16** Dr. Dan Clark: Chemistry in Warfare

**Mar. 30** Alan Rems: Leyte Gulf: Seven Decades of Debate

**Apr. 13** Wolfgang Samuel: Air Force Strategic Reconnaissance in the Cold War

**Apr. 27** Jim Lewis: Crossing Northern Virginia: J.E.B. Stuart's Greatest Achievement

**May 11** Chuck Vollmer: A Vet's Journey: From Service Brat to Fighter Pilot and Beyond

**May 25** Reserved for contingency.

### AARP SMART DRIVING CLASS



A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP". Class size is limited.

**Instructor:** Pamela Houghtaling

**Location:** Falls Church Community Center

**Class Dates:** April 19 and 20

**Time:** Class meets on both days from 10am-3pm

**Fees:** \$15 AARP Members  
\$20 Non-AARP Members

# Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Department. A wide range of activities is offered Monday-Friday.

Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

## SENIOR CENTER ACTIVITIES

### Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

### Ballroom Dancing

Come ballroom dance with us every 2nd Thursday from 1-2:45pm.

### Bingo

Meets every Wednesday from 10am-1:30pm.

### Blood Pressure

Held every other Tuesday from 9am-10am.

### Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge meets and Friday's contract bridge both meet at 10am.

### Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly, not a teaching class.

**Tuesdays:** German group 10am

**Wednesdays:** Spanish group at 10:45am and Italian group 1:30pm

**Thursdays:** French group 10am

### Hand and Foot

Join us every Thursday at 9:30am for a fun and friendly card game.

### Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

### Knitting and Crocheting

Meets every Thursday from 10:00am-Noon. All levels encouraged.

### Lunch Bunch

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:30am

### Military History

Join this enthusiastic group on alternate Fridays. Selected topics include WWII, Korea and Vietnam War.

### Modified Yoga

Come join us every Friday at 1:30pm. Classical yoga postures using props. Alignment individually adjusted and modified as needed. Reservations are required.

### Oil and Acrylic Painting

Meets every Friday at 1:00pm. Open studio. This is not a teaching class.

### Pickle Ball

Come join us on Mondays from Noon-2:30pm and Wednesdays from 11:30am-1:30pm. We have 3 indoor courts in our gym. Open play.

### Pinochle

Come every Monday at 12:30-3pm and play a friendly game of Pinochle.

### Watercolor/Drawing

Meets every Friday at 9:30am. Open studio. This is not a teaching class.

## SPECIAL SENIOR PROGRAMS

**January:** Winter Bingo Bash with Pizza Party

**February:** Valentine's Day Party

**March:** St. Patrick's Day Party

**April:** Spring Fling

**May:** Ice Cream Social

## A MATTER OF BALANCE CLASS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

**Instructor:** Fairfax County Department of Family Services staff

**Location:** Falls Church Community Center

**Class Dates:** Tuesdays, January 9-February 27

**Section#:** 261016 A

**Time:** 1:30-3:30pm

**Fees:** FREE

## VOLUNTEER BINGO CALLER NEEDED

Wednesdays -10am-Noon or 12:30-1:30pm. Please call the senior center at **703-248-5020** for more information.

## NEW MARYMOUNT UNIVERSITY CLASSES

### "Smart Homes"

Smart Homes is the application of technology to manage the various devices in your home: from the air conditioning, to the lighting, to home security, to the smoke detector, whether by voice or from your cell phone or your computer. This course looks at what technology (The Internet of Things) can do for seniors to facilitate living an independent life including alerting loved ones and making things customized to your lifestyle. The course will look at the pros and cons of the technology and evaluate privacy and security concerns.

**Location:** Falls Church Community Center

**Class Dates:** Thursdays, February 1, 8, and 15

**Time:** 10am-Noon

**Section#:** 261017 A

**Fees:** FREE

### "The Movie or the Book?"

This class will examine film adaptations from a literary perspective. Special attention will be paid to how the choice of media affects storytelling and how visual narratives differ from, or derive from, textual narratives. The two days will focus specifically on Latino/a identity on film and gender representation on film.

**Location:** Falls Church Community Center

**Class Dates:** Thursdays, May 3 and 10

**Time:** 10am-Noon

**Section#:** 261018 A

**Fees:** FREE

Register for all classes at the community center in person, online, or by phone at **703-248-5027**. Class size will be limited, so register early.

## ENJOY CITY RECREATION SPACES!

### Community Center

The Community Center is located adjacent to Cherry Hill Park and in the heart of the City. It is the perfect place to play basketball, volleyball, tennis, table tennis, pool, air-hockey, and foosball; or to walk, take a class, or just enjoy time with family, friends, and neighbors. It is home to the Senior Center and Teen Center.

The Community Center boasts a full-size gymnasium with a six-hoop basketball court. The Center also has several multipurpose rooms the public can reserve for receptions, meetings, parties, and classes. Call 703-248-5027 to inquire about availability, fees and application.

The Community Center offers several preschool programs in a bright and stimulating room designed and furnished specifically for young children. Preschoolers ages 5 and under are educated and entertained by dedicated staff members. Enrollment is accepted for Summer, Fall and Winter/Spring sessions.

### Picnic Shelters

Four of the City's parks (Cherry Hill, Berman, Madison, and Roberts Parks) have picnic shelters that are available for rent. Perfect for family gatherings, birthday parties, and group/company picnics. Call 703-248-5027 for availability, fees and application. If a shelter is not reserved it can be used on a first-come first-served basis.

### Tennis Courts

Lighted courts in the following locations can be reserved by City Residents: Cavalier Trail Park (2 Courts), Cherry Hill Park, (2 Courts) and George Mason High School (4 Courts).

Call 703-248-5027 to or visit [Webtrac.fallschurch.gov](http://Webtrac.fallschurch.gov) to make reservations up to one day in advance. Courts can be reserved 1 hour max for singles and 1.5 hours for doubles.

### Fields

Stay active and apply for a permit to use the Larry Graves Soccer Field. The field is available for rent during the Summer months Mon.-Sun. based on availability. Call 703-248-5027 for availability, fees and application.

### Weddings & Receptions

The Cherry Hill Farmhouse and grounds can be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. For rental information call the Cherry Hill Farmhouse at 703-248-5171 or visit [fallschurchva.gov/CherryHillFarmhouse](http://fallschurchva.gov/CherryHillFarmhouse)

### Birthday Party Packages

Celebrate your child's next birthday at the Falls Church Community Center. Choose the Party in the Gym Package for 1 hour in the gym with our tot-time or various sports equipment and 3 hours in a party room. Enjoy the Teen Center Party Package for 3 hours with the pool, air hockey, ping pong, and foosball tables. Call 703-248-5027 for availability, fees and application.

## CITY PARK AMENITIES

### BERMAN PARK

Bike and hike trail  
Picnic shelter  
Picnic tables and grill  
Play equipment

### BIG CHIMNEYS PARK

Park benches  
Picnic tables and grill  
Play equipment

### CAVALIER TRAIL PARK/TRIPPS RUN PARK

Basketball court (lighted)  
Bike and hike trail  
Park benches  
Picnic table and grill  
Slide and Swings  
Tennis courts (2 - lighted)

### CHERRY HILL PARK

Basketball court (lighted)  
City kiosk  
Horseshoe court  
Park benches  
Picnic shelter  
Picnic tables and grills  
Play equipment  
Volleyball court  
Water fountain  
Tennis courts (2 - lighted)

### CROSSMAN/FOUR MILE RUN PARK

Park benches  
Picnic tables and grills  
Slide and Swings

### DONALD S. FRADY PARK

Horseshoe court  
Game table  
Gazebo  
Mini-amphitheater  
Picnic tables and grills  
Play equipment  
Water fountain

### FORT TAYLOR PARK

City kiosk  
Historic Trail marker  
Park bench

### LINCOLN PARK

Basketball court  
Park benches  
Picnic table and grill  
Play equipment

### MADISON PARK

Basketball court  
Park benches  
Picnic shelter  
Picnic tables  
Play equipment  
Rectangular athletic field  
Water fountain

### ROBERTS PARK

Basketball court  
Park benches  
Picnic shelter  
Picnic tables and grills  
Play equipment  
Water fountain

### WEST END PARK

Park benches  
Picnic tables and grills  
Play equipment  
Skateboard and BMX features

## Falls Church Public Spaces

The Recreation and Parks Department uses the following school facilities for activities and programs.

### FALLS CHURCH PUBLIC SCHOOLS

GEORGE MASON HIGH SCHOOL/  
MARY ELLEN HENDERSON MIDDLE  
SCHOOL  
(7124 Leesburg Pike)  
Baseball/softball fields (2)  
Running track  
Rectangular fields (2; 1 has artificial turf)  
Tennis courts (4 - lighted)

MOUNT DANIEL  
ELEMENTARY SCHOOL  
(2328 North Oak Street)  
Basketball court  
Play equipment  
Small athletic field

THOMAS JEFFERSON  
ELEMENTARY SCHOOL  
(601 South Oak Street)  
Basketball court  
Bike and hike trail  
Park benches  
Play equipment  
Rectangular athletic field  
Softball/baseball fields (2)

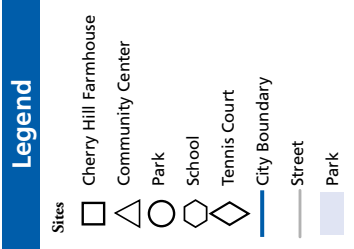
### OTHER RECREATION FACILITIES

Falls Church Community Center  
(223 Little Falls Street)  
Cherry Street tennis courts (2)  
W & OD Bike Trail

### MEMORIAL AND HISTORICAL INTERESTS

Cherry Hill Farm – House, Barn and Grounds (312 Park Avenue)  
Memorial Park (Park Ave. & Little Falls Street)





## RESOURCES FOR RESIDENTS

### Vehicle Registration (State of Virginia)

To register a vehicle with Virginia, first obtain the state safety and emissions inspections, driver insurance, and a valid title. Then register the vehicle at any Virginia Department of Motor Vehicles customer service center.

### Vehicle Registration (City of Falls Church)

Once a vehicle is registered with the state, it must be registered with the City. Complete the vehicle registration in person at city hall (room 104E) or you can register online or by fax or mail by completing the Motor Vehicle Registration Form at [www.fallschurchva.gov/VehicleRegistration](http://www.fallschurchva.gov/VehicleRegistration) and following the instructions provided there. Please be sure to include the owner or lessee's DMV Driver's License number and daytime phone number. The Treasurer's Office will bill for the city decal; once paid, the registrant will be sent the decal in the mail.

### Voter Registration

Voter Registration applications for new and existing Virginia residents may be filed with the DMV or the City Registrar. Registrations are due at least 29 days before a primary or general election or 14 days before a special election.

### Taxes

The Treasurer's Office handles tax billing, relief, and payments: 703-248-5046 (TTY 711) or [treasurer@fallschurchva.gov](mailto:treasurer@fallschurchva.gov).

The Office of the Commissioner of the Revenue handles business taxes, personal property tax assessments, and assists with income tax filing: 703-248-5065 (TTY 711) or [commissioner@fallschurchva.gov](mailto:commissioner@fallschurchva.gov).

The Office of the Real Estate Assessor determines the current market value of taxable and tax exempt properties as of January 1 each year. The City Council uses these values to determine the annual tax rate. Questions? Call 703-248-5022 (TTY 711) or [realestate@fallschurchva.gov](mailto:realestate@fallschurchva.gov).

## WHERE TO FIND CITY OF FALLS CHURCH INFORMATION

### City Website:

[www.fallschurchva.gov](http://www.fallschurchva.gov)

### Facebook:

[facebook.com/CityofFallsChurchGov](https://facebook.com/CityofFallsChurchGov)

### Instagram:

[instagram.com/FallsChurchgov](https://instagram.com/FallsChurchgov)

### Twitter:

[twitter.com/FallsChurchGov](https://twitter.com/FallsChurchGov)

### Citizen Information Line:

703-248-5200

### eFocus Newsletter:

Sign up at [www.fallschurchva.gov/Efocus](http://www.fallschurchva.gov/Efocus)

### FCC-TV:

Cox channel 11, RCN channel 2, Verizon channel 35

### Alert System:

Sign up at [alert.fallschurchva.gov](http://alert.fallschurchva.gov)

### Radio:

1680 AM (during emergencies)



### Public Schools

There are five schools in the Falls Church City Public Schools system: Jessie Thackrey (Preschool), Mount Daniel Elementary (Kindergarten and First Grade), Thomas Jefferson Elementary (grades 2-4), Mary Ellen Henderson Middle (grades 5-7), and George Mason High (grades 8-12).

For information on how to register a child, call 703-248-5600 (TTY 711). More information is available at [www.fccps.org](http://www.fccps.org).

### Parking Permits

In order to park on certain City streets, you must have a parking permit issued by the Police Department: 703-248-5054 (TTY 711).

### Drive-Through Permits

In order to drive through certain streets that are closed to through traffic (as during rush hour), you must have a permit issued by the Police Department: 703-248-5054 (TTY 711).

### Focus on Falls Church Newsletter

Get current City news with Focus on Falls Church Newsletter, the e-newsletter produced by the Office of Communications. Find the latest information about the City's environmental services, economic development, safety issues, and news about upcoming events. Sign up for this free service by entering your e-mail address in the "eFOCUS Newsletter" box on the right-hand side of the Home Page.

### Pet Licenses

Dogs must be vaccinated against rabies and licensed with the City. Licenses must be obtained within 30 days of moving into the City of Falls Church for dogs over four months of age. The license fee is \$10 for fertile dogs and \$5 for neutered/spayed dogs. Licenses are issued by the Treasurer's Office: 703-248-5046 (TTY 711).

Cats over four months of age must be vaccinated against rabies but do not need to be licensed with the City.

# Solid Waste Services

## Department of Public Works

**Solid Waste Hotline:**  
**703-248-5160 (TTY 711)**  
[recycling@fallschurchva.gov](mailto:recycling@fallschurchva.gov)

The Department of Public Works (DPW) manages weekly curbside collection of trash, compost, bundled brush, yard waste and recyclables; special residential collection of bulk items; the City's Recycling Center; and more.

### Trash Collection

Trash is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one gray rolling trash cart per address. These carts are the property of the City and must stay with the residence.

### Excess Trash

Each bag of trash that does not fit in the City-issued trash cart requires an Excess Trash Sticker, which can be purchased for \$1 at City Hall, Brown's Hardware, and Giant Food Store. See the City's website for additional information and restrictions.

### Recycling Collection

Recycling is collected from curbside residential customers weekly on Wednesdays, year-round (except on observed City holidays). The City issued one green rolling recycling cart per address. These carts are the property of the City and must stay with the residence.

### Compost Collection

The City offers a variety of food waste composting services, the first programs of their kind in Virginia. Curbside collection is available for \$6 per month or \$66 per year. Services include an air tight collection bin, compostable liners and finished compost each spring. Food waste can also be taken to the community drop-off center (free) behind City Hall. Sign up and learn more at [www.fallschurchva.gov/compost](http://www.fallschurchva.gov/compost).

### Excess Recycling

There is no fee for excess recycling. Recycling that does not fit in the City-issued cart or bin may be placed in personal containers clearly marked "recycling," cardboard boxes, and paper bags. Do not put recycling in black or white trash bags.

### Yard Waste Collection

Properly prepared yard waste in paper bags with \$1 Yard Waste Stickers will be collected once a week on Wednesdays, year-round (except on observed City holidays). Yard waste includes only trimming arising from general landscape maintenance, like grass, leaves, plant and shrub trimmings, and other items too small to include with bundled brush. Do not include non-compostable garden debris such as sod, dirt, rocks, sand, or lumber.

### Bundled Brush Collection

Properly prepared brush bundles are picked up free of charge on Wednesdays, year-round (except on observed City holidays). Special Bulk Collections are available for unbundled brush. Brush includes tree branches, small tree stumps, and larger shrub trimmings. Brush must be cut in five-foot lengths with no individual branch or trunk larger than six inches in diameter. To prepare for pick-up, either securely tie branches with cord or twine, or place branches neatly in one direction in a tote, bin, or container marked "brush."

### Holiday Schedule

If a designated City holiday falls on a Wednesday, recycling, trash, and yard waste collection will occur on Saturday. Due to lighter loads, crews will be in your neighborhood earlier than expected. Please make sure items are curbside the night before.



### Leaf Collection

Leaves are collected from residential streets in the fall. To prepare, rake loose leaves to the curb but avoid placing them in the street. Pile leaves away from storm drains and water meter covers. Remove stones, litter, branches, or other debris that may damage equipment. Collection schedules are available online: [www.fallschurchva.gov/397](http://www.fallschurchva.gov/397)



### Special Collection

Special bulk collections are available for items too large or heavy to fit into a trash container. Residents may request a Special Collection by calling 703-248-5160, ext. 4 (TTY 711), before noon on Tuesday for Wednesday collection. The fee is \$75 per two cubic yards of material; appliances are charged separately at \$30 each.

### Missed Collection?

If your items are properly prepared and set out by 7 a.m., they will be collected. Please leave items at the curb after reporting a missed collection. Questions? Call 703-248-5160, ext. 1 (TTY 711).

## Backyard Composting Workshop:

Learn how to compost! Topics include: leaf mulching in your yard, yard waste composting, hands-on composting demonstration, making compost tea, proper food waste composting, and vermicomposting. All participants will have their names placed in a raffle to win free compost bins. Class is free. RSVP to [recycling@fallschurchva.gov](mailto:recycling@fallschurchva.gov).

**Location:** Cherry Hill Park Picnic Shelter

**Time:** 2-4 pm

**Date:** April 7, 2018



# Mary Riley Styles Public Library

## ABOUT THE LIBRARY

The Mary Riley Styles Public Library is a full service library providing access to items in a wide range of formats: books, periodicals, CDs (recorded books and music), DVDs and downloadable content (eBooks, eAudiobooks, eMagazines, and eMusic). Computer access in the building includes 16 internet work stations, free Wi-Fi, and color and b/w laser printing. Patrons can additionally connect to nearly 20 research databases from home with a valid MRSPL card. Library services include book discussion groups, storytimes, summer and winter reading programs, internet tutoring, and a Local History Room. The library has two 24 hour exterior book drops, one of which is drive-thru.

## Getting A Library Card

The library serves residents, employees, and property owners of the City of Falls Church and by cooperative agreement with the Washington Metropolitan Council of Governments, residents of certain cities and counties are also eligible for a library card: Arlington (VA), City of Alexandria (VA), Washington, DC, Fairfax (VA), Frederick (MD), Loudoun (VA), Montgomery (MD), Prince Georges (MD), and Prince William (VA). A subscription card is available for an annual fee for patrons who do not meet these residency requirements. Apply for a library card in person at the library or online at [www.fallschurchva.gov/GetaLibraryCard](http://www.fallschurchva.gov/GetaLibraryCard).

## Ebooks & More

With your MRSPL card, you can borrow from our growing collection of eBooks, eAudiobooks, eMagazines, and eMusic for use on your PC/Mac, tablet, or phone. Chose from thousands of popular books, magazines, and songs! To learn more about these wonderful online services, visit our website at [www.fallschurchva.gov/Downloadable](http://www.fallschurchva.gov/Downloadable).



**Mary Riley Styles Public Library**  
**120 N. Virginia Avenue**  
**[www.fallschurchva.gov/Library](http://www.fallschurchva.gov/Library)**

General Line: 703-248-5030  
Renewal Line: 703-248-5175  
Circulation Desk: 703-248-5031  
Reference Desk: 703-248-5035  
Youth Services Desk: 703-248-5034  
Administrative Office: 703-248-5033

### HOURS:

Monday	9 am - 9 pm
Tuesday	9 am - 9 pm
Wednesday	1 pm - 9 pm
Thursday	9 am - 9 pm
Friday	9 am - 5 pm
Saturday	9 am - 5 pm
Sunday	1 pm - 5 pm

## Research from Home

Have a topic you need to research? Using your MRSPL card, search newspapers (including the Washington Post from 1877-present), stocks, historic Falls Church photos, and more! All from the comfort of your home! Learn more at [www.fallschurchva.gov/ResearchTools](http://www.fallschurchva.gov/ResearchTools).

## Youth and Teen Services

The Youth Services department provides programming and services to infants, children, teens, and families. Regular infant and preschool storytimes are offered throughout the year. Two reading programs are offered during the year – the Winter Reading Program in February for ages 0-5 and the Summer Reading Program for all ages. In addition, there are book discussion groups for teens. Please see our webpage at [www.fallschurchva.gov/YouthandTeenServices](http://www.fallschurchva.gov/YouthandTeenServices) or call the Youth Services desk at 703-248-5034 for more information.

## Adult Programs and Services

A wide range of adult programs and services are available throughout the year, including: three book discussion groups (with one geared exclusively toward for seniors); 1-on-1 internet tutoring; a weekly ESL conversation group; an adult Summer Reading Program (with amazing prizes!); and a variety of other topics (like health and wellness). Please visit the library's webpage at [www.fallschurchva.gov/library](http://www.fallschurchva.gov/library) or call the Reference Desk for more information.

For complete listing of all our programs for children, teens, and adults please visit the library website at [www.fallschurchva.gov/library](http://www.fallschurchva.gov/library) or calendar at [www.fallschurchva.gov/LibraryCalendar](http://www.fallschurchva.gov/LibraryCalendar).

# General Information

## MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



## Open Gym Pricing

Register at the front desk before entering the gym

<b>City Residents:</b>	Free
<b>Non-City Residents 5 and under:</b>	Free
<b>Non-City Residents 6-18 or 65+:</b>	Free
<b>Non-City Residents 19-64:</b>	\$3

**Hotline:** 703-248-5077

Call the hotline above for the current schedule or visit

[www.FallsChurchVA.gov/OpenGym](http://www.FallsChurchVA.gov/OpenGym).

## Facility Locations

### Falls Church Community Center

223 Little Falls Street

### Cherry Hill Farmhouse

312 Park Ave.

### George Mason High School

7124 Leesburg Pike

### Mary Ellen Henderson

7130 Leesburg Pike

## Registration Dates

**Residents: January 2**

**Non-Residents: January 9**

## Brochure Availability

The brochure is available on-line at [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation). If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email [recreation@fallschurchva.gov](mailto:recreation@fallschurchva.gov).

### Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call **703-248-5027**, (TTY 711).

### Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

## Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before  
the activity start date ..... 80% Refund/ 90% Credit

Five to nine calendar days before  
the activity start date ..... 90% Credit only

Less than five calendar days before  
the activity start date ..... No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

## Camp Refund Policy

For refunds submitted...

More than fourteen days before  
the camp start date ..... 80% Refund/ 90% Credit

Less than fourteen calendar days before  
the camp start date ..... No Refund/ No Credit

Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

## Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

**Holidays:** Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held Jan. 15, Feb. 19, March 24-April 1, May 28.

## How to Register



**On-line:** Go to [www.fallschurchva.gov/recreation](http://www.fallschurchva.gov/recreation) and click "Register Now". Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



**Walk-in:** 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



**Mail-in:** Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



**Phone-in:** Phone in registration begins 8am the second day of registration January 3 and January 10. To register, call **703-248-5027** and have your credit card ready.

## Registration Starts

Falls Church City Residents:  
**Tuesday, January 2, 2018**

Non-City Residents:  
**Tuesday, January 9, 2018**

**Register Early:** All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

**Senior Citizens:** Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

**Financial Aid:** Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703-248-5027** for more information.



## Registration Form



**For More Information: Call 703-248-5027; Fax 703-536-8150**

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046  
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.  
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Evening Phone Number: ( ) \_\_\_\_\_ Day Phone Number: ( ) \_\_\_\_\_

Cell Phone Number: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Confirmations:** You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

### Credit Card Information:

circle one:



Card Number: \_\_\_\_\_

Exp Date: \_\_\_\_\_ CVC Code: \_\_\_\_\_





223 Little Falls St.  
Falls Church, VA 22046

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PERMIT NO. 7034

## Recreation & Parks Department 2018 Registration Dates to Remember

### Winter/Spring Class Registration

January 2 City Residents; January 9 Non-city

### Summer Camp Registration

February 5 City Residents; February 12 Non-city

### Summer Class Registration

May 7 City Residents; May 14 Non-city

### Fall Class Registration

August 13 City Residents; August 20 Non-city

### Spring Youth Soccer Registration

Early Bird: January 29-February 11; Regular: February 12-25

### Fall Youth Soccer Registration

Early Bird: July 9-22; Regular: July 23-August 5

### Fall Youth Flag Football Registration

Early Bird: June 4-July 2; Regular: July 3-August 5

### Winter Youth Basketball Registration

Early Bird: October 1-14; Regular: October 15-28

